

# MOVEMENT EDUCATORS



## **FREE FELDENKRAIS® IN BOULDER** **Celebrating Feldenkrais Awareness Weeks** **6 Awareness Through Movement® Lessons**

**Taught by Diana Razumny**  
**Educational Director of the Boulder Feldenkrais Training Program**

Come and enjoy, bring friends and distribute/forward this flyer to those who may be interested.  
No prior experience in the *Feldenkrais Method*® is needed. No pre-registration is necessary.



**Dates: May 8-10 (Tues-Wed-Thur)**  
**May 15-17 (Tues-Wed-Thur)**

**Time: 10:30 - 11:30 AM**

**Place: Avalon Ballroom,**  
**6185 Arapahoe Rd., Boulder**

Get an intensive dose of *Awareness Through Movement*® lessons by joining us for six mornings, or however many fit your schedule. For those of you familiar with the *Feldenkrais Method*, it may be of interest to you that this series was taught by Dr. Moshe Feldenkrais during his San Francisco Evening Classes in 1976.

**Bring a mat & towel or blanket**  
**Registration at 10:15 AM so come early**  
**Call Efrem for more info: 505-577-4652 or Email**

## **Santa Fe 5 Feldenkrais® Training** **Begins April 2 & Enrollment open through 2012**

This training meets 3 times per year: 2 weeks in the Spring, 4 weeks in the Summer and 2 weeks in the Fall. There will be continued learning between segments requiring some familiarity with internet technology. Trainers include: Diana Razumny, Katrin Smithback, Carol Kress\*, Arlyn Zones and Dennis Leri.

For more information about dates, logistics, content & staff, please go to [www.movement-educators.com/sf5](http://www.movement-educators.com/sf5). To schedule an interview please contact Diana Razumny at 505-577-4653 or Email

\*Trainer status pending



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