



**LISTEN TO YOUR BODY**  
IT SPEAKS WISER THAN WORDS

DEVELOP YOUR  
**AWARENESS THROUGH MOVEMENT®**  
**1-DAY FELDENKRAIS® WORKSHOP - SALT LAKE CITY**

**Taught by Diana Razumny**  
Educational Director of the Santa Fe 5 *Feldenkrais* Training Program



Thoughts, feelings, movements, sensations - it all happens in the terrain of your physicality. The most direct way to learning about yourself is through developing your ability to listen to yourself as an embodied being. Learn to BE yourself. Your SELF is waiting. No prior experience in the *Feldenkrais Method®* is required.

- Date:** Saturday, June 2, 2012
- Time:** 10 AM - 5 PM
- Place:** Vitalize Studio, 2154 S Highland Dr
- Cost:** \$100 (MC/VISA accepted)
- Information & Registration:**
- Call Efrem:** 505/577-4652 or **Email**

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**Santa Fe 5 *Feldenkrais*® Training**  
**Enrollment open through 2012**

This training meets 3 times per year for 4 years: 2 weeks in the Spring, 4 weeks in the Summer and 2 weeks in the Fall. For more information about dates, logistics, content & staff, please go to:  
**[www.movement-educators/sf5](http://www.movement-educators/sf5)**  
To schedule an interview please contact:  
Diana Razumny at 505-577-4653 or  
email diana at: [diana.razumny@mac.com](mailto:diana.razumny@mac.com)



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