



LISTEN TO YOUR BODY IT SPEAKS WISER THAN WORDS

DEVELOP YOUR **AWARENESS THROUGH MOVEMENT®** **FELDENKRAIS® 1-DAY WORKSHOP - SANTA FE**

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: Sat, June 9, 2012

Time: 10 AM - 5 PM

Place: Santa Fe Woman's Club

Cost: \$100 (MC/VISA accepted)

Information & Registration:

Call Efrem: 505/577-4652 or Email
razumnys@mac.com

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 our [Website](#)

To schedule an interview please contact:

Diana Razumny at 505-577-4653 or email
diana at: diana.razumny@mac.com



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