

MOVEMENT EDUCATORS



FOR NIA INSTRUCTORS FUNDAMENTALS OF THE FELDENKRAIS METHOD® WEEKEND WORKSHOP BOULDER • SEPT 29-30, 2012

Taught by Diana Razumny

Educational Director of the Santa Fe & Boulder *Feldenkrais*® Training Programs

This wonderful weekend experience is presented by one of the few *Feldenkrais* trainers & educational directors in the world who is certified to train people to become practitioners. In this workshop Diana will share her expertise in teaching *Awareness Through Movement*®, demonstrating many of the principals that are fundamental to the *Feldenkrais Method*. This experience is sure to enrich your teaching of Nia as well as give you a felt sense of the intelligence behind this method.



The *Feldenkrais Method* may be the least understood and yet most influential of Nia's 9 movement forms. *Feldenkrais* influences and connects to NIA like a thread weaving through the fabric of Nia's fundamental principles. Nia elements such as "awareness of body and self," X-ray anatomy, self-healing, movement of eyes and head, the 5 sensations, and spinal undulations are a few examples.

Other aspects of *Feldenkrais* that inform and influence the practice of NIA are in "the body's way" and Natural Time. As we guide our students by "teaching what we sense," we are employing one of Moshe Feldenkrais' often quoted sayings, "In order to do what you want, you must know what you are doing." As we take care of ourselves, focus on ease and support in our movements, we are utilizing the *Feldenkrais* philosophy.

The Focus of the workshop is to introduce and deepen your understanding of the *Feldenkrais Method* both as a stand-alone learning modality and an integral part of the Nia Technique. Our goal is to provide you with a working sense of how to purposefully utilize the healing benefits of the *Feldenkrais Method* in your Nia classes.

Dates: Sat & Sun, Sept 29-30, 2012, 1-6 PM

Place:  Joy in Motion studio **4800 Baseline Rd
#D206, Boulder**

**Cost: Before Sept 20th: \$175 (\$100 for Sat only if room)
After Sept 20th: \$200 (\$125 for Sat only if room)**

MC/VISA Accepted • Maximum 25 NIA Instructors

Information: CALL Jackie - 303/819-8676 EMAIL dinerhome@msn.com

Registration: CALL Efrem - 505/577-4652 EMAIL trainings@movement-educators.com

In the United States of America, the following are registered service marks, collective marks or certification marks of the Feldenkrais Guild of North America: Feldenkrais®, Feldenkrais Method®, Functional Integration®, Awareness Through Movement®, Guild Certified Feldenkrais Teacher®, and The Feldenkrais Guild®. The following are trademarks, service marks or certification marks of the Feldenkrais Guild of North America: ATM™, FI™, Guild Certified Feldenkrais Practitioner™, and Feldenkrais™. In certain states, or countries, professional practice may be subject to licensing laws limiting their professional practice unless the graduate has (a) certain license(s). Neither Awareness Through Movement® nor Functional Integration® lessons may be taught professionally until the teacher has graduated from an accredited training program. Interim authorization as an Awareness Through Movement teacher is a student teaching position, subject to completing all graduation requirements.