

# **The Journey Inward – Getting to know your Spine**

## **Santa Fe, New Mexico, October 16-19, 2014**

**We have a few things to share to make your journey more comfortable.**

### **Clothing**

It's important to wear clothing that supports movement, so no skirts or levis. Wearing or bringing layers will help you regulate your own temperature. Weather in Santa Fe this time of year varies from below freezing at night to highs in the 60s during the days. It's possible to get an early snow or be beautiful and dry.

### **What to bring**

We have Feldenkrais mats and towels. If you would like extra padding bring a Yoga mat and/or a blanket. Even though we have towels onsite, you may want your own for your face for hygienic reasons. Bring something for writing.

### **Dates & Time reminders**

We will start on Thursday Oct. 16 at 11 am and go until 5 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Friday and Saturday have the same schedule (11 am-5 pm). Sunday will be 1 pm-4 pm.

### **Lunch**

We take 1 hour for lunch so it's possible to go out if you like. Many people choose to bring their own lunch. There is a kitchen with a microwave, stove, oven and refrigerator, though not well supplied with pots, pans or dishes. We provide good drinking water, teas and light snacks.

### **Lodging**

If you are coming from out of the area and need housing, we recommend Craig's List or Air B&B. Otherwise, Santa Fe is a small town and any hotel you find will not be far from the workshop location.

### **Location**

Santa Fe Woman's Club is at 1616 Old Pecos Trail, Santa Fe, NM 87505. You can 'google it' for a map. If you have any other questions, please call or email. If Thursday morning you are having trouble finding it, please call 505-577-4653.

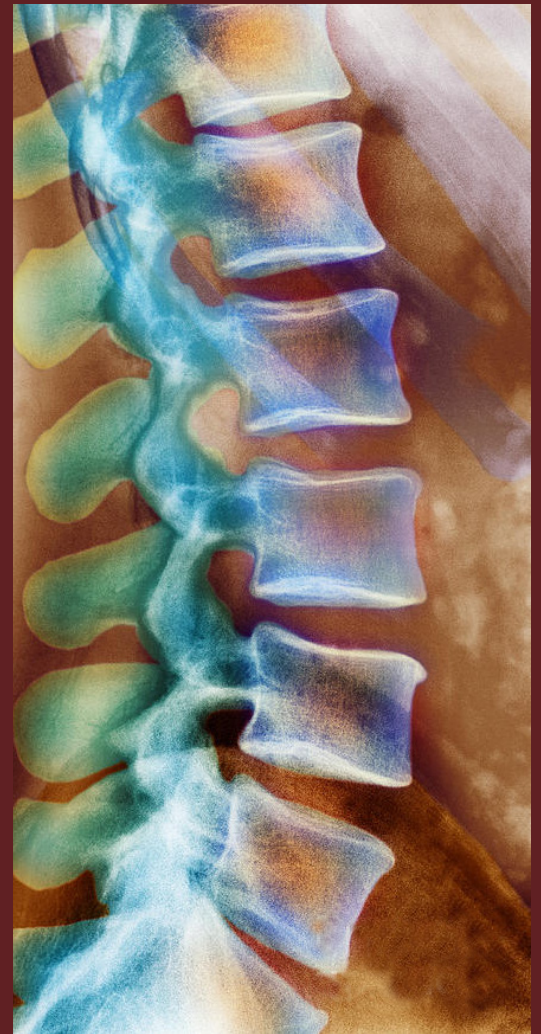
# GETTING TO KNOW YOUR SPINE 101

**Santa Fe, New Mexico, October 16-19 Thursday – Sunday  
Thursday-Saturday 11a.m.-5p.m., Sunday 1p.m.-4p.m.**

*REGISTRATION: \$325 before Sept. 16th/ \$395 after Sept. 16th*

Sensing and moving your spine with clarity makes it possible to move your hips and shoulders and legs and arms with ease, efficiency and elegance. Modern living has removed us from being able to sense the intelligence, intricacies and beauty of our vertebral column. Without knowing this core skeletal structure intimately and what movements are possible and not, we run the risk of inflicting injuries on ourselves as well as creating chronic pain.

The *Feldenkrais*® Method offers small, slow, gentle explorations to begin the journey of developing awareness and knowing how to use yourself better. You will not only learn to alleviate pain and avoid injuries, you regain the pleasure of moving. Join us in a gentle 4-day moving retreat for a personal journey of getting to know your spine.



**Diana Razumny** is an internationally certified Feldenkrais® Practitioner and Trainer. For more than 20 years she has guided thousands of individuals in Awareness Through Movement® Classes in the United States, Europe, South America, and Asia.

<http://www.feldenkraisjourney.com>

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