

# The Journey Inward®

Feldenkrais® Personal Training

Valladolid, MX  
Jan 19-23, 2015  
Santa Fe, NM  
Mar 26-29 2015

## Get WARM and HEALTHY in January Education and Vacation in the Yucatan Sign up and make travel arrangements now

We are excited to invite you to Valladolid in the Yucatan to indulge yourself in a *Feldenkrais®* Intensive as well as enjoy a consciousness shift via the local laid-back culture. These five days allows for an immersion in the method for a deep connection with yourself. Come early, stay late, enjoy the ruins, beach or resting in a hammock. Click for more information about this *Journey Inward destination*. Enjoy the sites, get healthy and learn Feldenkrais. Also, find Santa Fe listings for future workshops.

*Diana Rayumay*



Please visit [www.feldenkraisjourney.com](http://www.feldenkraisjourney.com)