

EYES: *Windows to your soul? Not only!* Through movement exploration and integration of your eyes, you can change the way you use and don't use your jaw, neck, shoulders, and believe it or not, the whole of yourself. If you don't believe it, enter the world of the *Feldenkrais Method*® by signing up for this workshop. And if you do believe it, for sure you will want to sign up for 4 days of astonishing yourself with changes as you change the habituated use of your eyes. With *Awareness Through Movement*® lessons you will explore total body movements that integrate what you do with your eyes.

SEE you soon.



Santa Fe, New Mexico, June 25-28, 2015

Thursday-Saturday 11 a.m. - 5 p.m., Sunday 9 a.m. - 1 p.m.

REGISTRATION: \$360 before May 25/ \$440 after May 25

More info & registration: www.FeldenkraisJourney.com

Diana Razumny is an internationally certified *Feldenkrais* Practitioner and Trainer. For 25 years she has guided thousands of individuals in *Awareness Through Movement*® classes in the U.S., Europe, South America and Asia.

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The Journey Inward – Eyes, Not Only Windows to Your Soul

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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 le-vis. Wearing or bringing layers will help you regulate your own temperature. Weather in Santa Fe this time of year varies from cool evenings at 7000 ft elevation to highs anywhere from 75 to 95 degrees during the days. Usually dry but the monsoon season can start early.

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 June 25 at 11 am and go until 5 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Thursday, Friday and Saturday have the same schedule (11 am-5 pm). Sunday will be 9 am - 1 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 BnB. 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 prefer getting directions from us, please call or email. If Thursday morning you are having trouble finding it, please call 505-577-4653.