

**Minding Your Matter:  
*Feldenkrais*® Weekend Workshop with Diana Razumny  
Boulder, CO, June 18-19, 2016**

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 Boulder this time of year varies from cool evenings at over 5000 ft elevation to highs anywhere from 75 to 95 degrees during the days. Usually dry.

**What to bring**

We have some Feldenkrais mats and towels. If you can please bring a mat and 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 Saturday at 1:15 pm and go until 7 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Same schedule on Sunday.

**Lunch**

We will not have a lunch break but will have a couple of smaller breaks. We provide 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.

**Location**

The Joy of Motion is located at 4800 Baseline Rd, Suite D206, in Boulder. You can 'google it' for a map. If you are having trouble finding it on Saturday please call Diana at 505-577-4653.

**(Please note: This workshop counts as prerequisites for the upcoming Santa Fe 6 Feldenkrais® Teacher Training Program beginning April, 2017)**



Minding Your Matter  
with  
**FELDENKRAIS**<sup>®</sup>

June 18-19, 2016  
Boulder, Colorado

\$200 before  
May 18th  
\$230 after

Online Registration  
[www.feldenkraisjourney.com](http://www.feldenkraisjourney.com)