

The Journey Inward Introduction - Level 1

Boulder, Colorado

February 20 - 23, 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 Boulder this time of year varies from below freezing at night to highs in the 60s during the days.

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 Feb. 20 at 12 noon and go until 5 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Friday 1-6pm and Saturday 12-5pm. Sunday will be 9am-1pm.

Lunch

We will only take a 20 minute break for lunch so please bring some food. We provide good drinking water and teas.

Lodging

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

Location

Joy In Motion Nia Studio 4800 Baseline Rd. Suite D206, Boulder, CO. 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.