

# **Feldenkrais® Weekend Workshop with Diana Razumny**

## **Theme: Coming to Your Senses**

Denver, CO, Sept 10-11, 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 Denver this time of year is still very hot but with cool evenings at over 5000 ft.

### **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 pm and go until 6 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Sunday the hours will be 10 am to 4:30 pm.

### **Lunch**

We will not have a lunch break on Saturday but will have a couple of smaller breaks. We will have 1.5 lunch break on Sunday. 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**

A Living Arts Center at 2231 South Platte River Drive, Denver 80223;  
[www.alivingartscentre.com](http://www.alivingartscentre.com) 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)