

The Journey Inward – Immersion in the *Feldenkrais* Method®

Santa Fe, New Mexico • March 2-5, 2017

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

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 Santa Fe in March varies from snow and cold below freezing to highs in the 50s and 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 March 2 at 11 am and go until 5 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Friday and Saturday have the same schedule (11 am-5 pm). Sunday will be 9am to 1pm.

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 B&B. 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.