

# **The Journey Inward – Feldenkrais® Workshop**

## **Topic: Feldenkrais® for the Curious**

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 this time of year varies from cool evenings at 7000 ft elevation to highs anywhere from 55 to 75 degrees during the days. Usually dry.

### **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, especially if you are the journaling type. A water bottle is good to have. If you like hot beverages, we have cups and if you're comfortable with your own covered thermos you're welcome to bring it along.

### **Dates & Time reminders**

We will start on Wednesday, September 25 at 2 pm and go until 6 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Thursday, Friday and Saturday schedule is from 11 am to 5 pm.

### **Lunch**

This first day is later than usual so we are thinking about having a potluck dinner instead of our usual potluck lunch. We understand that people traveling might have a hard time preparing something so pick up something easy if you can. There is a Trader Joe's, a Whole Foods Market and plenty of other places around downtown. If you have a special diet or prefer to bring food just for yourself, please feel welcomed to join us at the table anyway. For Thursday, Friday and Saturday we take 1 hour for lunch so it's possible to go out if you like. Many people choose to bring their lunch to the venue. 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. When driving there the first time, be aware that the sign is a bit low and hidden from the road. You can 'google it' for a map and/or use GPS. If you prefer getting directions from us, please call or email. If Thursday morning you are having trouble finding it, please call 505-577-4652.