



FREE FELDENKRAIS® IN BOULDER **2 Awareness Through Movement® lessons**

Taught by Diana Razumny
Educational Director of the Boulder Feldenkrais Training Program

Come and enjoy, bring friends and distribute/forward this flyer to those who may be interested.
No prior experience in the *Feldenkrais Method*® is needed. No pre-registration is necessary.



Dates: Thursdays Oct 31 & Nov 7
Time: 10 - 10:45 AM
Place: Avalon Ballroom,
6185 Arapahoe Rd., Boulder

Experience for the first time or 100th time these *Awareness Through Movement*® lessons by joining us for 1 or 2 mornings.

Wear comfortable clothing for moving and bring layers for temperature control.

Bring a mat & towel or blanket

Registration at 9:45 AM so come early
Call Efrem for more info: 505-577-4652 or
Email: razumnys@mac.com

Meet Movement Educators: www.movement-educators.com



THE JOURNEY INWARD® **FELDENKRAIS PERSONAL TRAINING**

Boulder, CO • Nov 14-17
Early Registration ends Nov 1st

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