

FELDENKRAISANTA FE

PRE-TRAINING WORKSHOPS

October 2017

January 2018

March 2018

These workshops are a chance for you to experience the *Feldenkrais Method*[®] and to also meet Alan. Whether you are interested in the training or just want to experience the method, please come and join us.

To register or for more details or any questions please contact us at:

alan@feldenkraisinsantafe.com

or call us at:

(505) 466-3132 and we will get right back to you.

*(If you call us and get a recording that we are out of town...
...please send us an e-mail)*

**Workshop location and payment options are
on the last page.**

(PLEASE CHECK THIS PAGE PERIDOCALLY FOR NEW
DETAILS ABOUT THE WORKSHOPS AND TALKS)

*Should you decide to join the Feldenkrais in Santa Fe Professional Training Program your first workshop fees are fully applied towards your training tuition.

FELDENKRAISANTA FE

SANTA FE, NM - Oct 6th - 8th, 2017

Free evening

INTRO TALK

Friday, October 6th, 2017

7:00-8:30 PM

Free

(Please last page for workshop location and payment options)

Two-day workshop

Saturday & Sunday, October 7th & 8th, 2017

Saturday 9:30 AM - 4:30 PM

Sunday 2:00 PM - 6:00 PM

***\$175.00 - Early bird fee \$150.00 if paid by August 30th, 2017**

(Please last page for workshop location and payment options)

What if? You knew how to adapt!

What if you had a zillion dollars...what if you met the partner of your dreams...what if you could do whatever you wanted to do?

What if were always words that were rich in my own fantasy life...until broke my leg skiing. I quickly discovered a deeper meaning to Moshe Feldenkrais' famous words: "Movement is life and without movement life is unthinkable."

What if you couldn't do what you wanted...what if you were constrained in some unexpected way...what if your movement choices were diminished?

And...WHAT IF YOU KNEW HOW TO ADAPT!?!

In this workshop, utilizing *Feldenkrais® Awareness Through Movement Lessons®*, you will discover how you can adapt, adjust and transform the difficult into the easy. You will come to understand how a limitation can be the means to new action. You will realize that the cup that seems half empty is actually half full of new possibilities.

WHAT IF YOU CAME TO THIS WORKSHOP... AND DISCOVERED ALL OF THAT... AND MORE!?!

"Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself."

Moshe Feldenkrais

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FELDENKRAISANTA FE

SANTA FE, NM – January 26th – 28th, 2018

Free evening

INTRO TALK

Friday, January 26th, 2018

7:00-8:30 PM

Free

(Please last page for workshop location and payment options)

Two-day workshop

Saturday & Sunday, January 27th & 28th, 2018

Saturday 9:30 AM – 4:30 PM

Sunday 2:00 PM - 6:00 PM

***\$175.00 - Early bird fee \$150.00 if paid by January 1st, 2018**


(Please last page for workshop location and payment options)

Getting Connected

The whole world is getting more connected...the internet...Facebook...everywhere we turn there seems to be another chance to connect to some one, for some reason, for some thing.

But what about getting more connected to your self? How can you become more successful at this? The connections within you are infinitely more exciting and engaging then you might ever have imagined. And when you become more connected with yourself... it's pretty likely that you will connect better with others!

In this weekend of *Feldenkrais® - Awareness Through Movement®* Lessons you will explore new ways you can become more connected to yourself...with yourself...through yourself. From the internal feeling of being connected...to the connection of movement through your skeleton.

Imagine a weekend where you continually get to click your own  button!

Come and get more connected!!!

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FELDENKRAISANTA FE

SANTA FE, NM – March 9th – 11th, 2018

Free evening

INTRO TALK

Friday, March 9th, 2018

7:00-8:30 PM

Free

(Please last page for workshop location and payment options)

Two-day workshop

Saturday & Sunday, March 10th & 11th, 2018

Saturday 9:30 AM – 4:30 PM

Sunday 2:00 PM – 6:00 PM

***\$175.00 - Early bird fee \$150.00 if paid by February 10th, 2018**

(Please last page for workshop location and payment options)

What is walking?

We all walk...a lot! The only other things we do more than walking are breathe, move our eyes and use our hands. But walking is much more than just putting one foot in front of the other (anyone who has been challenged in their walking will tell you that).

And with all that walking we do, do we really understand it...?

In this workshop, you will understand more of what you do when you walk and how you do it and find ways of walking that are easier, more efficient and more graceful.

Putting one foot in front of the other will take on new meaning with insights into how much the rest of you can be walking with you.

No previous experience is necessary.

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FELDENKRAISANTA FE

ALL WORKSHOPS ARE AT:

**THE CENTER FOR SPIRITUAL LIVING
505 CAMINO DE LOS MARQUEZ
SANTA FE, NM 87505**

PAYMENT OPTIONS:

**Please make payments* by check to:
Feldenkrais in Santa Fe LLC
13 Reno Road
Santa Fe, NM 87508**

Or

via Paypal at: alan@feldenkraisinsantafe.com

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