

# FELDENKRAISANTA FE

**PLEASE NOTE THERE ARE NOW NEW DATES FOR THE  
MARCH 2020 WORKSHOP**

## **PRE-TRAINING WORKSHOPS**

**September 2019**

**January 2020**

**March 2020**

(PLEASE NOTE THE MARCH DATES HAVE CHANGED)

**June 2020**

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](mailto: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 PERIODICALLY 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 –Sept. 20<sup>th</sup> – 21<sup>st</sup>, 2019

## **Free evening**

**INTRO TALK**

**Friday, September 20<sup>th</sup>, 2019**

**7:00-8:30 PM**

**Free**

(Please last page for workshop location and payment options)

## **Two-day workshop**

**Saturday & Sunday, September 21<sup>st</sup> & 22<sup>nd</sup>, 2019**

**Saturday 9:30 AM – 4:30 PM**

**Sunday 2:00 PM – 6:00 PM**

**\*\$195.00 - Early bird fee \$175.00 if paid by August 20<sup>th</sup>, 2019**

(Please last page for workshop location and payment options)

## **Breathe...**

Breathing is a measure of your well-being. It's an indication of how you feel and is intrinsically connected to all of your actions, thoughts and feelings.

Breathing is the single thing you have repeated more than anything else in your life. Which makes it your most practiced habit...because 'how' you breathe is just that, it's a habit!

And this means it is something you can alter, change and become better at. Breathing is also something that has numerous 'rights and wrongs' attached to it. Rather than finding the single 'correct' way to breathe, through *Feldenkrais*<sup>®</sup> – *Awareness Through Movement*<sup>®</sup>, you will explore various aspects of breathing, what it is comprised of and how you actually do it.

Concrete things you can do and pay attention to breathe better beyond just inhaling and exhaling!

You will discover more choices in how you might breathe depending on your mood and the situations you find yourself in.

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# FELDENKRAISANTA FE

## SANTA FE, NM – January 17<sup>th</sup> – 19<sup>th</sup>, 2020

### **Free evening**

INTRO TALK

Friday, January 17<sup>th</sup>, 2020

7:00-8:30 PM

Free

(Please last page for workshop location and payment options)

### **Two-day workshop**

Saturday & Sunday, January 18<sup>th</sup> & 19<sup>th</sup>, 2020

Saturday 9:30 AM – 4:30 PM

Sunday 2:00 PM - 6:00 PM

**\*\$195.00 - Early bird fee \$175.00 if paid by December 17<sup>th</sup>, 2020**

(Please last page for workshop location and payment options)

## **Falling...**

Falling down, falling in love, fear of falling, falling asleep, falling out of favour,  
falling apart, falling all over yourself...

What is it about falling that is so central to our experience that it can  
describe so many of our states?

This workshop will explore the theme of falling. What is the relationship  
between falling and safety, risk, creativity, enhanced abilities and a life that is  
a little bit easier?

Through *Feldenkrais® Awareness Through Movement®* we will look at the  
benefits we may derive from a deeper understanding and experience of falling.  
If the idea of falling concerns you, be assured that no demands will be placed  
on you that are beyond your abilities.

This workshop is geared towards participants of all levels of experience with  
*Feldenkrais®- Awareness Through Movement®* and of all ages who are  
seeking a more familiar relationship with the floor that carries us.

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# FELDENKRAISANTA FE

SANTA FE, NM – March 6<sup>th</sup> – 8<sup>th</sup>, 2020

**PLEASE NOTE THESE ARE NEW DATES**

## **Free evening**

**INTRO TALK**

**Friday, March 6<sup>th</sup>, 2020**

**7:00-8:30 PM**

**Free**

(Please last page for workshop location and payment options)

## **Two-day workshop**

**Saturday & Sunday, March 7<sup>th</sup> & 8<sup>th</sup>, 2020**

**Saturday 9:30 AM – 4:30 PM**

**Sunday 2:00 PM - 6:00 PM**

**\*\$195.00 - Early bird fee \$175.00 if paid by February 17<sup>th</sup>, 2020**

(Please last page for workshop location and payment options)

## **Growing Young**

*Discovering, laughing, wondering, playing, giggling, novelty, joy, enjoyable challenges, having fun, being silly, doing something 'just because'...*

How often do you find yourself in one of these experiences...as often as you used to...as often as you would like? The pleasure you enjoyed as a child, from just rolling around and playing, is embedded in movement and is easier to re-discover than you might imagine.

Utilizing *Feldenkrais*® *Awareness through Movement*® lessons you will explore all these facets of your self and find greater access to discovery, novelty, wonder, playfulness, laughter, joy, fun, silliness, enjoyable challenge, giggles, and doing something 'just because'...

**Guaranteed to be fun! Get ready to enjoy!**

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# FELDENKRAISANTA FE

**SANTA FE, NM – June 19<sup>th</sup> -21<sup>st</sup>, 2020**

## **Free evening**

**INTRO TALK**

**Friday, June 19<sup>th</sup>, 2020**

**7:00-8:30 PM**

**Free**

(Please last page for workshop location and payment options)

## **Two-day workshop**

**Saturday & Sunday, June 20<sup>th</sup> & 21<sup>st</sup>, 2020**

**Saturday 9:30 AM – 4:30 PM**

**Sunday 2:00 PM - 6:00 PM**

**\*\$195.00 - Early bird fee \$175.00 if paid by May 19<sup>th</sup>, 2020**

(Please last page for workshop location and payment options)

## **May The Force Go Through you**

Making our lives easier, more efficient and more comfortable can emerge from a more efficient use of our skeleton, yet it is a hidden and relatively unperceived aspect of who we are.

The function of our skeleton is to bear weight and transmit force, however it is underutilized in our everyday use. Finding our skeleton can become a new way for us to interact with our environment.

Through *Feldenkrais® Awareness through Movement®* we will discover how we can become more “skeletal”, resulting in anew and more vital sense of ourselves in a truly foundational way.

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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](mailto:alan@feldenkraisinsantafe.com)**

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