

## 2017 Feldenkrais & Taiji (Tai Chi) Course Schedule

*Special thanks* to the wonderful venues providing us a beautiful environment in which to play!

*Bluewater Yoga Studio* • Red Wing • <http://bluewateryoga.com>  
Hermitage Farm Center for Healing • Rochester • <http://www.hermitagefarm.org/>

Class schedules are always available on each of these websites.

### Please note:

- Except for series titled “Drop in”, you must register in advance for an entire series (no drop ins).
  - Please register via email [feldenkraismn@hotmail.com](mailto:feldenkraismn@hotmail.com) or phone: 507-202-5342.
- When you register for a full series, you are welcome to join any (or all) of the classes each week at no additional cost. Please let me know when you plan to do this.

### 1<sup>st</sup> Series

**FELDENKRAIS DROP-IN SERIES: *Feldenkrais Awareness Through Movement*<sup>®</sup>**

**Special offer: Bring a friend who is new to Feldenkrais, and both of you can come for half price.**

**3 WEEK SERIES—\$55 (or \$20 drop-in)**

**Online:** 1/19 – 2/2 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

**Red Wing:** 1/17 – 1/31 • Tuesdays 6:30 – 7:30pm • Bluewater Yoga Studio

**Rochester:** 1/19 – 2/2 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

### 2<sup>nd</sup> Series

**HEALTHY PELVIC FLOOR: *A Feldenkrais Awareness Through Movement*<sup>®</sup> class series**

**3 WEEK SERIES—\$55**

**Online:** 4/6 – 4/20 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

**Red Wing:** 4/4 – 4/18 • Tuesdays 6:30 – 7:30pm • Bluewater Yoga Studio

**Rochester:** 4/6 – 4/20 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

### Feldenkrais “R & R Day”

**FULL DAY OF FELDENKRAIS AWARENESS THROUGH MOVEMENT<sup>®</sup>: *Rest. Recuperate. Renew. Revitalize. Relax. Recharge. Rejuvenate.***

Saturday, April 29

9:30am – 5:00pm (1 ½ hour lunch break...to eat, rest, take a stroll and relax!)

\$90

Bluewater Yoga Studio, Red Wing

## 3<sup>rd</sup> Series

**FELDENKRAIS DROP-IN SERIES:** *Feldenkrais Awareness Through Movement®*

**Special offer: Bring a friend who is new to Feldenkrais, and both of you can come for half price.**

**3 WEEK SERIES—\$55 (or \$20 drop-in)**

**Online:** 5/4 – 5/18 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

**Red Wing:** 5/2 – 5/16 • Tuesdays 6:30 – 7:30pm • Bluewater Yoga Studio

**Rochester:** 5/4 – 5/18 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

## TTouch for You

I am not teaching this. Linda Tellington Jones, founder of TTouch will be in Minnesota! I highly recommend this course for learning TTouch for humans. Link below has all logistics.

May 20, 2017 TTouch for You and/or

May 21-23, 2017 TTouch for You

<http://www.ttouch.com/enews/PDF/May2017TT4YouMNlogistics.pdf>

## 4<sup>th</sup> Series

**TAIJI (Tai Chi), QIGONG & MEDITATION:** *Creating Peace and Balance...The Art of Nurturing, The Science of Power*

**3 WEEK SERIES—\$55**

**Red Wing:** 6/13 – 6/27 • Tuesdays 6:30 – 7:30pm • Bluewater Yoga Studio

**Rochester:** 6/15 – 6/29 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

## Online-only Morning Movement and Meditation Sunrise Challenge

Monday, 6/19 – Friday 6/23

6am – 7am

\$85

## 5<sup>th</sup> Series

**FREE YOUR BACK—OF PAIN AND STIFFNESS. DISCOVER THE FREEDOM OF A STRONG, HEALTHY SPINE:** *A Feldenkrais Awareness Through Movement® class series*

**9 WEEK SERIES—\$150**

**Online:** 7/20 – 9/14 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

**Red Wing:** 7/18 – 9/12 • Tuesdays 6:30 – 7:30pm • Bluewater Yoga Studio

**Rochester:** 7/20 – 9/14 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

## Day Retreats—Getting up & down with ease and lightness

FULL DAY OF FELDENKRAIS AWARENESS THROUGH MOVEMENT®: *Learning to easily and effortlessly get up and down from the floor...and in and out of a chair.*

9:30am – 5:00pm (1 ½ hour lunch break)

**1<sup>st</sup> Day Retreat in Red Wing:** Saturday, September 9 • Bluewater Yoga Studio, Red Wing • \$90

**2<sup>nd</sup> Day Retreat in Rochester:** Saturday, October 21 • Hermitage Farm Center for Healing • \$90

## 6<sup>th</sup> Series

HEALTHY HANDS, ARMS AND SHOULDERS: *A Feldenkrais Awareness Through Movement® class series*

**7 WEEK SERIES—\$120**

**Online:** 10/5 – 11/16 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

**Red Wing:** 10/3 – 11/14 • Tuesdays 6:30 – 7:30pm • Bluewater Yoga Studio

**Rochester:** 10/5 – 11/16 • Thursdays (**morning**) 10:30 – 11:30am (**evening**) 7:00 – 8:00pm • Hermitage Farm Center for Healing

## Online-only Morning Movement and Meditation Sunrise Challenge

Monday, 12/11 – Friday 12/15

6am – 7am

\$85

**TO REGISTER OR FOR QUESTIONS:**

Please email [feldenkraismn@hotmail.com](mailto:feldenkraismn@hotmail.com) or call 507-202-5342