

'Taking it Easy'

Feldenkrais® and
TTouch for You®

Date: Sat. & Sun., April 8 & 9

Requirements: None

Fee: \$225 through March 15

\$250 after March 15

Payment Method: Check or PayPal (full payment required)

Instructor: Edie Jane Eaton

www.ListeningtoWhispers.com

Schedule:

Saturday: 9:45am - 4:30pm

Sunday: 10:00am - 4:30pm

Workshop Location:

Vanport Square Studio

5229 NE Martin Luther King Jr. Blvd.

Suite #102

Portland, OR

Local Organizer:

Dawn Jansen

10548 SW Barcelona Way

Beaverton, OR 97007

Dawn@pawsitivecompanion.com

Meals and Snacks: Bring your lunch for each day. Water, coffee, tea, and light snacks are provided at the workshop. Save the planet bring a reusable water bottle and coffee mug.

Message from Edie Jane:

"You are welcome to contact me at ediejane@gmail.com if you wonder whether this workshop is appropriate for you and want more information about what to expect. General information is available here: ['Taking it Easy'](#)

If you have particular concerns or interests you would like me to know about, please do email me. If you are coming not just for your own wellbeing, but also because you have someone in mind whom you would like to help, I'd like to know ahead of time. Both Feldenkrais and TTouch offer such a generous range of applications that we can vary the content to reflect your experience and interest. We have only a short time together and I want to be able to address as many of your questions or needs as possible.

We'll be spending time on the floor and seated on chairs. It's important that you be comfortable. We won't be doing anything strenuous, so dress warmly in loose clothes that won't restrict movement.

- *Bring a notebook and pen/pencil. You may not want to make notes, but I'd like you to have a way of recording what you notice during the workshop.*

- Bring something to lie on to soften the floor - although the room is carpeted - such as a blanket or two. Yoga mats are a bit too narrow.
- If you need pillows for your head, or for under your knees when lying on your back, please bring one, or two, or more.
- Tea, coffee and snacks will be available. We suggest you bring lunch as there may not be time to visit the local restaurants.
- It's important to do whatever you need to do to feel comfortable – sit, stand, walk, lie down, nap – this is about taking it easy, after all!

The content of the day will be a mix of TTouch and Feldenkrais methods. Should you be unfamiliar with one or the other, you can find descriptions of them on my website: ListeningToWhispers.com

I look forward to seeing you!"

Edie Jane

If you are traveling to the class:

Area Airport:

Portland International Airport – approximately 8 miles away Google Map