**Making It Easy**

**Feldenkrais® and**

**TTouch for You®**

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| **Date:** Sat. & Sun., October 28 & 29**Requirements:** None**Fee:** 295 CHF or 255 euros**Payment Method:** Credit card or PayPal (full payment required)See [Registration Form](http://files.constantcontact.com/fd8cab86be/48601491-872b-4fbd-9f92-a7e252fc14f8.docx?ver=1505487400000).**Instructor:** Edie Jane Eatonhttp://www.listeningtowhispers.com | **Workshop Location:**32 impasse Moline01170 Crozet (Villeneuve)Crozet is just over the border from Geneva. The venue is a private house. Street parking is available.  |
| **Schedule:**Saturday: 9:45am–4:30pmSunday: 10:am–4:30pm | **Local Organizer:**Diane Howarddiane.howard@etumotes.net+33 688 363904 |

 **Meals and Snacks:** Bring your lunch for each day, since there are no restaurants close by.

Water, coffee, tea, and light snacks are provided at the workshop. Save the planet by bringing 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:*[‘Making it Easy’](http://conta.cc/2eSWNjP)

*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, such as a blanket or two. Yoga mats are a bit too narrow, but two side by side under a blanket will work.*
* *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 are no restaurants in the area..*
* *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 as well as making it easy!*

*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*](http://listeningtowhispers.com/)

*I speak some French, but the workshop will be in English.*

*I look forward to seeing you!*

*Edie Jane*

**If you are traveling to the class:**

**Area Airport and Train Station:**

Geneva International Airport and Geneva Cornavin Train Station

Connections to Crozet from either the airport or train station are difficult. Please contact Diane if you need assistance with transportation.