

'Taking it Easy'

Feldenkrais® and
TTouch for You®

Date: March - Saturday 19 - Sunday 20th

Requirements: None

Fee: \$225 until March 1
\$250 after March 1

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:

McHenry County College

8900 US Highway 14,
Crystal Lake, IL 60012

Campus is route 14. Turn at the stoplight.

Local Organizer:

Nancy Steinmeyer

10215 Country Club Road

Bull Valley, IL 60098

815-334-8825

Nancy@NLSteinmeyer.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 - though 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 TTTouch 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 Airports:

Chicago O'Hare International Airport – approx. 60 miles away. Google map

Milwaukee General Mitchell Airport – approx. 70 miles away. Google map

Best Western Woodstock, Inn

900 Lake Ave.

Woodstock, IL 60098

(877) 574-2464

Rates start at \$94

10 less than ten minutes from the college