

Feldenkrais Discovery Day

Workshop Preference Form

Saturday 3rd February 2018



Name: _____ Phone Number: _____ Email: _____

Please nominate the lessons in each workshop session you would like to attend in order of preference (1 = FIRST CHOICE, 2 = SECOND CHOICE, etc..)

There is no guarantee you will be allocated your first preference. The organisers reserve the right to make changes to the programme.

Time	Session	Preference	Room
1.00m	Registration opens. Tea & Coffee available		
1.30pm	Welcome		
1.45pm	Session 1 Workshops Commence		
Session 1 Workshops	Lesson A Free Your Shoulders and Neck Jodie Krantz		
	Lesson B The Art of Slowing Down...and Speeding Up Julie Peck		
	Lesson C Oiling the Hip Joints Alison McIntosh		
	Lesson D Getting Connected: Connect to the Ground & Connect to Yourself Tanja de Langen		
3.00pm	AFTERNOON TEA Available downstairs in the Entry area		
3.30pm	Session 2 Workshops Commence		
Session 2 Workshops	Lesson A Discover a Supple Back Nicki Netherway		
	Lesson B Expand and Clarify Your View Vanessa Stephen		
	Lesson C Arms in Action Molly Tipping		
	Lesson D 'Inclusive Attention" Co-ordinating Muscles of your Trunk Sean McKay		
4.45 pm	End of Session 2 - complete Feedback forms and time to chat before you leave		