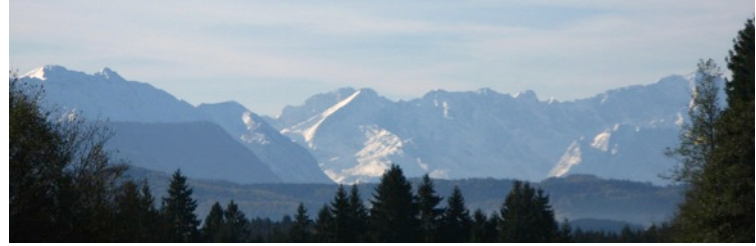




Holiday 2014

WINTER



Feldenkrais & Tai Chi & Wellness February 2014: Thursday 20 – Sunday 23rd



Königliche Kristall-Therme Schwangau Germany
www.kristalltherme-schwangau.de

Your holiday includes

- 1 day pass for salt- & thermal-bath & sauna
- 3 hours of awareness & movement daily with Feldenkrais & Tai Chi:
Thursday & Saturday from 4pm – 7 pm
Friday & Sunday from 10 am – 1 pm

Cost: 230.- CHF / 190.- Euro

Housing needs to be organized individually. There are many guest rooms and hotels nearby the thermal bath. Information will be provided. We can meet for dinner together.

Possible free time activities (individually):

- Castle sightseeing
- Wild animal feeding with carriage ride
- Winter hiking / skiing Tegelberg
- Relaxation in the thermal bath... and much more.

Teaching: Alan Freebury & Anne Münsteram

„ONLY IF WE PERCEIVE,
WHAT WE ARE REALLY DOING,
WE CAN CHANGE SOMETHING.“
MOSHÉ FELDENKRAIS



Information & Registration

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