

Dear Ann Arbor 2
Students,

February 24, 2024

It is with great pleasure and excitement that we are writing to you in anticipation of our first online weekend together. We are looking forward to meeting you online and commencing the training program together.

We will meet on Saturday and Sunday, March 2-3, from 11 am-4 pm Eastern Time.

We will take a 30 min lunch break around 1:15. Shorter breaks will be dispersed throughout the day between activities.

Please use the following zoom link for this weekend:

Topic: Ann Arbor 2 online weekend

<https://us02web.zoom.us/j/88930082138>

Meeting ID: 889 3008 2138

Please choose a quiet space where you can lie comfortably on the floor and do movement lessons. You will need a comfortable mat to lie on, and you might also need a non-slippery surface (such as a Yoga mat) to provide you with stability. If you need some support or cushioning for your head when lying down, please have those prepared. Wear comfortable clothing that will allow you to move with ease.

We ask you to have your cameras open during class time. Both for being able to verify your attendance and for being in communication with the staff and teachers. If for some reason you need to have your camera turned off, please write so into the chat directly to Katy so that your attendance will be counted for.

You may want to have a notebook available in case you want to take a few notes. As a reminder, all lessons will be recorded and you will receive access to all the recordings.

Please find the preface Dr. Feldenkrais wrote in his book Awareness through Movement attached as a PDF. Please read this short chapter before our online weekend.

Looking forward to seeing you online,
Allison and Raz.