



Dear participant in the Moti Nativ workshop,

How nice that you have signed up for this workshop on February 16-17 2019!  
We are excited that you are open to the Feldenkrais Method, interested in the Art of Falling and want to experience how effortless movement feels in daily life.

The workshop will take place at Chassé Dance Studios on Chasséstraat 64 in Amsterdam.

Your registration is only definitive if we have received your payment as an early bird before 1 January 2019 (€ 175,-) or as a regular participant before 1 February 2019 (€ 195,-).

You can transfer the money to the bank account:  
NL79INGB0000347798 (BICcode INGBNL2A) in the name of the Nederlandse Feldenkrais Vereniging, mentioning **MOTI NATIV with your first and last name**.

If you want to participate for one day, you can pay € 100, - before 1 February 2019 on the same account number stating **MOTI NATIV with your first and last name AND the day that you're coming**.

To experience a nice workshop it is important to know that:

- you must take your own mat;
- wear / bring comfortable clothing;
- coffee / tea and other refreshments will be provided, but please bring your own lunch;
- if you wish to stay overnight, you may contact the Chassé Hotel located next to the workshop location ([www.chassehotel.com](http://www.chassehotel.com)) or try 1 of the Stay Okay hostels in town ([www.stayokay.com/en/hostel/amsterdam-stadsdoelen](http://www.stayokay.com/en/hostel/amsterdam-stadsdoelen) , [www.stayokay.com/nl/hostel/amsterdam-zeeburg](http://www.stayokay.com/nl/hostel/amsterdam-zeeburg) , [www.stayokay.com/nl/hostel/amsterdam-vondelpark](http://www.stayokay.com/nl/hostel/amsterdam-vondelpark)).

We look forward to meeting you!!

And if you have any questions, please feel free to contact us.

With best regards,

Martina Paul ([m.paul@home.nl](mailto:m.paul@home.nl))

&

Henk Linde ([henklinde@chello.nl](mailto:henklinde@chello.nl))

Or for the last information: [www.feldenkrais.nl](http://www.feldenkrais.nl)