

# The Alexander Technique

Restoring lightness of being.



## 4 Week Workshop

May 12, 19, 26 & June 2  
7 - 8:15PM

FEE: \$100

31 Purchase Street  
Rye, NY

*The art of moving freely.*

The Alexander Technique is a method of movement re-education that teaches us to recognize and change postural and movement patterns that interfere with our "natural" ease, balance and fluidity. In the workshop you will begin to learn how to:

- Observe habitual ways you hold tension & pain
- Learn how improved thinking creates ease in the whole self
- Rediscover, reeducate and restore your body to its natural design
- Stop unnecessary patterns

For more info. or to register, please contact:

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