

THE ALEXANDER TECHNIQUE

Three-day Intensive Hands-on Workshop

May 27-29, 2014

Learn how to:

- Improve posture and coordination
 - Reduce tension and effort
- Stand, sit, move, with comfort and ease
 - Improve breathing
- Apply the Technique to musical performance or any other skill



The Alexander Technique is recognized all over the world for its effectiveness in bringing about greater comfort and ease in the body in everyday living and in specialized skills like playing a musical instrument, singing, swimming, or working at the computer. The practical teaching approach emphasizes individual attention as well as group activities, demonstrations, and learning to practice on your own.

Faculty: Phyllis Richmond, Certified Senior Teacher of the Alexander Technique, teaches at the University of North Texas College of Music and offers private lessons in Dallas TX and Evanston IL. She has taught for many schools and professional programs in the US and abroad.

- Classes meet at Tarrant County College Northeast Campus in Hurst, TX.
- Classes meet 10 am - 4 pm from Tuesday May 27 through Thursday May 29.
- Students must be at least 18 years of age to participate.
- Tuition: \$165

To register contact NE Continuing Education Services 817-515-6502

For more information: Phyllis Richmond at 214-769-4502 or pgrichmondAT@gmail.com

www.alexandertechniquechicago.com