



The Professional Association of Alexander Teachers

<https://www.paat.org.uk/>

Connecting with the Alexander Technique

An online workshop in the Alexander Technique

Saturday June 12th, 2021 10 a.m. – 12.30 p.m. BST



This morning workshop is offered to you as a chance to work, rest and play with the Technique over a longer period than a single lesson.

You will have the chance to meet others working on the Technique in their daily lives, and to meet a few of our teachers.

We will be exploring the basic activities of lying down, standing, sitting, interspersed with movement and some short talks.

The minimum requirement for participation is around 10 lessons in the Technique, or an Introductory Course. The session is also suitable for those with more experience who would value the chance to practice the Technique in a group setting.

For information and to book a place, contact:

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