

The Professional Association of Alexander Teachers



Finding Space with the Alexander Technique

Saturday 11th September 2021

3.30 p.m. – 6.00 p.m. BST

This online workshop is offered as an opportunity to find some space and time for yourself with the Alexander Technique for a longer period than a single lesson or introductory course session.

There will be the chance to meet others working on applying the Technique in their daily lives, and some of our teachers.

We will be exploring basic activities with short talks and explanations and enjoying some movement. As ever, you are invited to participate in the way that is best for you.

The minimum requirement for participation is 10 lessons or an Introductory Course in the Technique. This workshop 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, please contact
Dr Rose Whyman, Course secretary:
info@paat.org.uk or 07940 766082

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