



Spring Workshop

Letting go and coming alive with the Alexander Technique

For those with some previous experience

Saturday 11th May 2024

4pm to 6pm BST

Online via zoom

A chance to develop or recommence our practice in pausing, to create space for noticing and allowing us to let go of those habitual patterns of muscle tension that can underpin our day-to-day stresses, worries and physical discomforts. Here are some themes we will explore together:

- Putting into practice sound principles of movement and stillness, giving us the chance to notice and let go of (or not start up!) our habitual activity.
- Opening up the possibility of being fully present, in the moment.
- Rediscovering how applying Alexander Technique helps us along the path to real personal change and freedom.
- Coming alive to the way our energy and effort can be channelled into enhancing our own lives and those of others.

Cost: In order to make the workshop accessible to all, there is no fee. Donations to PAAT are welcome.

For further details or to register your interest contact: Jo Roantree, mobile: 07796 650906
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All PAAT teachers have completed a four-year training course, and those working online have done CPD in virtual teaching. They are fully insured to work with individuals or groups and are bound by PAAT's Code of Conduct.

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