

Healthy Lifestyle Program

The Alexander Technique



“The Alexander Technique is a way to feel better and move in a more relaxed and comfortable way, the way nature intended.

The Alexander Technique is a method that works to change movement habits in our everyday activities. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. The technique teaches the use of the appropriate amount of effort for a particular activity, giving you more energy for all your activities.

It is not a series of treatments or exercises, but rather a re-education of the mind and body. The Alexander Technique is a method which helps a person discover a new balance in the body by releasing unnecessary tension. It can be applied to sitting, lying down, standing, walking, lifting, and other daily activities.

- Date:** Thursday 22 March 2012
- Time:** 10:00am to 11:30am
- Location:** Woollahra Community Centre
334 Edgecliff Road Woollahra
(Cnr Queen Street & Edgecliff Road)
- Cost:** Free (morning tea provided)
Hot lunch and dessert is available at 12pm for \$6.50 (bookings required).
- RSVP:** Call 9363 5957 to reserve your place by Monday 19 March.

For more information or to RSVP, call 9363 5957.

www.woollahra.nsw.gov.au

