

## Online Workshop

# Alexander Technique Explorations

## with Shula Sendowski



**Date:** Thursday, Nov 5, 2020 &  
Thursday, Nov 12, 2020

**Time:** 2:30 PM – 3:30 PM

**Cost:** At No Cost

**Registration:** Please RSVP by 11/4 (Wed)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org),  
or 805.379.4777  
Zoom link will be provided  
upon registration.

The Alexander Technique is a gentle body movement technique developed in England over 100 years ago by F.M. Alexander. Workshop leader, Shulamit Sendowski, will demonstrate how to transform physical stress and tension into ease, balance, and coordination. Tension-habits in simple movements and in breathing will be observed & explored. Please find a quiet space and have a mat and a soft cover book ready to place under the head during the semi-supine constructive rest.

Shula Sendowski, M.AmSAT, has been teaching the Alexander Technique since 1991. She is currently working with seniors in the Senior Center of Calabasas. She is certified by the Alexander Training Institute of L.A. and by the American Society for The Alexander Technique - the largest Alexander organization in U.S.