

VIRTUAL WORKSHOP

# Alexander Technique Explorations

With Shula Sendowski



**Date:** Thursday, January 20 and 27, 2022

**Time:** 12:00 PM - 1:00 PM

**Location:** Online (Zoom)

**Cost:** No Cost

**RSVP:** [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
or calling 805.379.4777

The Alexander Technique is a gentle movement education 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 active rest.

## ABOUT OUR PRESENTER

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.