

VIRTUAL WORKSHOP

Alexander Technique Explorations

With Shula Sendowski, M.AmSAT



Dates: Thursday, July 21st & 28th

Time: 12:00 – 1:00 pm

Location: Online (Zoom)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

Workshop Description:

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.

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.