

Centre for Continuing Education

The Alexander Technique – a skill for life

Michael Stenning

Good posture should be comfortable, effortless and sustainable. Get a practical introduction to the basic principles of good body use, and how it relates to everyday activities like work and exercise, and the avoiding of injury.

Classes are limited to 8 participants.

Please bring:

A blanket or yoga mat to lie on and light refreshments for the day.

Michael is a musician who used the Alexander technique to rehabilitate his playing and resume his playing career after it was interrupted through the effects of tension and stress. He subsequently trained as a teacher of the Alexander technique. Michael now has twenty years' full-time experience of teaching the Alexander technique. He is a qualified member of the Australian Society of Teachers of the Alexander Technique (AuSTAT). Teachers of the Alexander technique have undergone a three-year full-time training or equivalent.

DATES/TIMES: 10am-4pm Saturday 1 November

FEE: \$150 *no discount*

COURSE LOCATION: The venue for this course can be found on your tax invoice/receipt (under "Course Information"). Please allow enough time to locate your course venue on the first day/evening.

"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"

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