

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.

Introduction to key concepts include:

- The way you “use” yourself affects the way you function
- Discussion of “use”
- How to break the cycle of misuse
- Practical demonstration and exercises
- Practical orientation in personal geography
- Ends and means – which is which?
- How to work on yourself.

Classes are limited to 8 participants.

Please bring:

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

Originally with a background in professional music, Michael has worked in OHS/Rehabilitation/Human Potential/Training for over 20 years. He incorporates a sophisticated and well-tested approach to posture, ergonomics, breathing, balance, relaxation, rehabilitation, occupational health, and pain prevention and management. He was certified as an Alexander Technique teacher in England in 1985. Recently, Michael completed a Grad Dip in Learning Difficulties.

DATES/TIMES: 10am-4pm Saturday 13 February

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"

The Australian National University

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