

A Whole Person Approach to Health and Well Being

WORKSHOP DESCRIPTION:

Part one: Slide show and lecture

- how habits of 'use' determine posture
- how this affects health, performance and the ability to learn
- the role of emotions
- the role of incorrect concepts
- the failure of 'standing up straight'
- a new way of thinking, and of responding to the world



Part two: The practical work

- recognizing good and bad 'use' in yourself and others
- recognizing that unreliable feelings are part of the problem
- learning to stop an immediate response to a stimulus
- learning how the iPAC model helps you to change your habits



To ensure a high quality experience numbers are limited to a minimum of 3 and a maximum of 5 per workshop and payment is required in advance. Please pay online or make cheques payable to 'Alexander Technique Atlantic'. It is advisable to book early.

Alexander Technique Atlantic, 219 Sambro Creek Road, Halifax, NS B3V 1L8 346-2065
Cost: \$120.00 (including tax)