

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.

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Cost: \$122.00 (including tax)