

**In-Person 2 Session Workshop**

# Alexander Technique

## Physical Stress Relief for People Effected by Cancer

**Shula Sendowski**



Date: Wednesday Jan 17th, 2024

Wednesday Jan 24th, 2024

Time: 12:00pm to 1:00pm

Place: CSCVSB Office

4195 E Thousand Oaks Blvd., #107

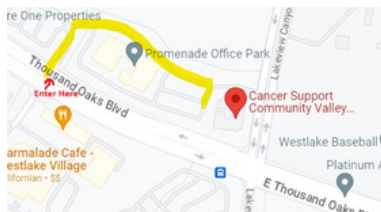
Westlake Village, CA 91361

Cost: Free to CSCVSB Participants

The Alexander Technique educational approach is used in daily movement and functions and can help relieve physical stress. It was developed in England over 100 years ago by F.M. Alexander. In this class Shula will gently guide you to remove unnecessary muscular tension while observing specific imbalance when sitting, standing, walking, and lying down on the mat in the active rest position.

Shula Sendowski graduated from the Alexander Training Institute of L.A. in 1991.

Fascinated by this work she continues to teach, and learn, deepening her understanding of the Alexander Technique concepts, taking continuing education classes.



Register:

[cancersupportvvsb.org/events/](https://cancersupportvvsb.org/events/)

email: [programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)

call: 805.379.4777

QR Code

