



## In-Person Workshop

# Alexander Technique

## Physical Stress Relief for People Impacted by Cancer

### 2 Part Series

The Alexander Technique is an educational approach to changing functional patterns of movement in daily life. It was developed in England over 100 years ago by F.M. Alexander. In this class, Shula will gently guide you to observe and remove unnecessary muscular tension, physical stress, and other patterns which interfere with balance, ease, and mobility during sitting, standing, bending, and walking. We'll end the class with lying down on the mats in the semi-supine, Active Rest position.

#### DATES:

THURSDAY, SEPTEMBER 18TH  
THURSDAY, SEPTEMBER 25TH

#### TIME:

11:30 AM - 12:45 PM



#### PLACE:

CANCER SUPPORT COMMUNITY  
VALLEY/VENTURA/SANTA BARBARA  
4195 E THOUSAND OAKS BLVD #107  
WESTLAKE VILLAGE, CA 91362

#### CONTACT:

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## Shula Sendowski

Shula Sendowski started her journey with the Alexander Technique, completing her training at the Alexander Training Institute of L.A. in 1991. She holds certifications from both ATI-LA and the American Society for the Alexander Technique. With her experience, Shula has worked online, in person, and with a variety of diverse populations.



To register and learn more:

*Scan the QR Code*

Call: 805.379.4777

Email: programs@cancersupportvvsb.org