



In-Person Workshop (2-Part Series)

Alexander Technique

Physical Stress Relief for People Impacted by Cancer

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, AUGUST 27TH
THURSDAY, SEPTEMBER 3RD**

TIME:

12:00PM-1:00PM



PLACE:

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

**NO COST TO ANYONE
IMPACTED BY CANCER**

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