

An Introduction to The Alexander Technique

Workshop for Faculty, Staff, and Students

Are you tired of exercise routines?

What past participants have said about this program:

"When it comes to The Alexander Technique, I am a believer. Wendy is wonderful."

Dr. Freeman Hrabowski

"This workshop taught me how to be much more conscious of how I am holding my body, especially when I am sitting at my desk using my computer. I have noticed a very positive difference in how I feel as a result of these practices."

"I have been more aware of the center of my body and how this affects my posture and now notice less muscle tension in my neck, shoulders, and back."

Learn an innovative method that you can practice anywhere and that can relieve stress, provide relief from chronic neck and back pain, allow for improved coordination, flexibility and balance, and give you stronger postural and breath support. No exercises involved.

The Alexander Technique is an educational practice that restores your natural poise, coordination, and ease of movement. As a student of the technique you become a refined observer of the habits that prevent you from moving comfortably, and you learn a specific process by which you can consciously change those habits so that moving becomes pleasurable.

About the Instructor:

Wendy Salkind is an Associate Professor in the UMBC Department of Theatre and she is the UMBC Presidential Teaching Professor 2010-2012. She is also a certified teacher of the Alexander Technique, which she has been teaching privately, in university classes, and in workshops for 19 years. Recently she became a teacher trainer in the Alexander Technique Mid-Atlantic training course in Baltimore.

**Tuesday
September 27, 2011**

1:30 pm – 4:00 pm

**University Center
Room 312**

Register on the web by September 19th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.

