

Get the Stress Out!

ALEXANDER TECHNIQUE

Workshop or Private Lessons

David Nesmith, Instructor nesmith@denison.edu

WORKSHOP SCHEDULE

MUSP-124-01 (1 cr.)

Tu, 10:00-11:20 a.m.

MUSP-124-02 (1 cr.)

Tu, 1:30-2:50 p.m.

PRIVATE LESSONS

MUSP-125-01 (1 cr.)

Time TBA, 25 mins.

MUSP-225-01 (2 cr.)

Time TBA, 50 mins.

- **Do you experience back pain or stiff neck and shoulders? Headaches?**
- **Are you uncomfortable sitting at your computer for long periods of time?**
- **Would you like to be able to study more efficiently?**
- **Do you suffer from Repetitive Strain Injury or Carpal Tunnel Syndrome?**
- **Do you experience performance anxiety?**
- **Are you an actor, athlete, dancer or musician and feel you are not performing at your full potential?**

The Alexander Technique is a widely recognized educational method for improving balance, alignment, ease, flexibility and energy. The Technique offers us insight into the underlying principles that govern human movement. When applied, these principles guide us to a dynamic experience of kinesthetic lightness, wherein thinking becomes clearer, feeling accessible, sensations livelier, and movement more pleasurable. Within this fluid, more conscious condition, we find our actions and interactions strengthened and refined, our sense of time expanded and our rapport with the environment restored.

During the workshop or individual lessons we will explore Constructive Rest, a dynamic procedure for rejuvenating your mind and body. While cultivating a balanced resting state, we'll apply basic principles of the Alexander Technique and Body Mapping to gain clear and accurate information about our anatomical structure for optimal movement. With guidance in gentle movement and enhanced quality of thinking, students will discover how to revitalize themselves throughout their day.

Burton Hall - Room 203

Visit poisedforlife.com to read Denison student testimonials.