

# Save Your Spine!

## Explore the Alexander Technique



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### Introduction to the Alexander Technique with Robin Gilmore

Saturday, November 12

2:00-4:00 pm

**\$45 pre-registered; \$50 for walk-ins**

Looking down at cell phones and other devices puts excessive pressure on the neck and spine and may lead to chronic pain and injury. The Alexander Technique provides a solution. You can learn how to change the way you move in relation to everyday activities. Improve your balance and decrease stress through awareness and subtle changes in coordination. This workshop is suitable for all ages and levels of movement ability.

**Robin Gilmore**, MFA, ATI, is a senior teacher of the Alexander Technique who began her study of somatic movement education in 1980. She has taught around the world, most recently as a presenter at the International Congress of Alexander Technique in Ireland. Her long career as a dancer has been sustained thanks to the AT approach of ease and efficiency. Robin is the author of *What Every Dancer Needs to Know About the Body* (GIA Press).

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