

Freedom in Action

The Alexander Technique Intensive 2010

Come back to experience your freedom in action with

Cathy Madden

Sydney June 5/6, 2010
Kirribilli Neighborhood Centre,
Sydney



The Teacher

Cathy Madden began her studies of the Alexander Technique with Master Teacher Marjorie Barstow in 1975. With 30 years teaching experience, Cathy is Director of the AT Training and Performance studio, and Senior Lecturer in Theatre at the University of Washington. Cathy is renowned for her empathic teaching skill across the U.S., England, Germany, Switzerland, Japan and now Australia.

The Benefits

Comfort in daily life and excellence in skilled performance both spring from good practical use of your body. The Alexander Technique gives you a resurgence of your natural ease and poise along with the knowledge of body structure and movement essential to freedom in action.

Relief from discomfort and pressure is just the beginning of an ongoing learning experience leading ultimately to greater understanding and control over ourselves. Cathy's work revolves around how we can use this fantastic tool to do the things we want to each day, from the simplest to the most challenging.

Beginners are welcome, along with the more experienced.

"Alexander Technique provides significant long term benefit"

British Medical Journal*

"I floated on air for weeks after the last workshop"

Paula Melville-Clark, Brisbane.

Enquiries:

Greg Holdaway on 0408 257174
or greg@alexandertechnique.com.au

Website:

www.alexandertechnique.com.au

Venue:

Sydney: Kirribilli Neighbourhood Centre

*Significant long-term benefit from Alexander Technique lessons for low back pain has been demonstrated by a major study published by the British Medical Journal on 20th August 2008



Book early as places are limited

Intensive: \$475.00

Early bird: \$375.00 if paid by May 1st

Book by email to greg@alexandertechnique.com.au
or by phone **0408 257 174**

Direct deposit available.

Credit card payments via Paypal online.

Please make cheques payable to:

Alexander Technique Associates

P.O. Box 192, Katoomba, NSW 2780

ABN 54 148 223 933

