

Breathe out - Breathe in

March 9, 2010

6:00 P.M.

Yogaflow Studio Glen Head, NY

\$25.00

Learn all about breathing thru the Alexander Technique. Learn the basics of good breathing, some of the fascinating anatomy involved and how to apply this knowledge to improve your breathing on and off the yoga mat. Thru discussion, demonstration, and group exercises learn a new and innovative way to let your breath flow and take you deeper into your postures. The Alexander Technique, a century old method based on the discoveries of F.M. Alexander is unique in its insights into natural effortless movement and breath work.

Gary Adelman, certified Alexander Technique teacher with 15 years experience, has taught the Alexander Technique to yoga students and sports teams at Harvard and Princeton University. Gary currently is in private practice in Glen Head, NY.