Lessons in the **Alexander Technique**

with **Nancy Crego** (AmSat)

*with practices in Ann Arbor, Michigan, Bowling Green and Toledo, Ohio*

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The **Alexander Technique** is a widely accepted and practiced approach to fundamental change in the use of ourselves in everyday life.

The **Technique** is a practical means of psycho-physical re-education.

The **Technique** offers a very simple yet powerful way of reducing unnecessary stress and tension, bringing to our movements an increased coordination, self-confidence and poise.

The **Technique** is taught on a *one-to-one* basis, in the form of private lessons which deal with the whole individual.

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**Who Studies the Alexander Technique?**

(1) People who would like to reduce unnecessary stress, tension or chronic pain in their everyday lives; people who suffer from discomfort caused by physical injury, or postural and movement stiffness.

(2) Performing artists as well as teachers of the performing arts.

(3) Athletes, coaches and martial artists.

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call *(419) 474 - 0497* for an appointment