

Lessons in the **Alexander Technique**

with **Nancy Crego** (AmSat)

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



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.

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.

call (419) 474 - 0497 for an appointment