



Lighten Up! Regaining Stature & Poise with the Alexander Technique

Learn to release ineffective postural habits and access support for easier, more natural alignment & movement from the inside out.

Saturdays, January 11- February 15
10:45 a.m. to 12:15 p.m. in the Mind-Body Studio
with Beaker Prince

Member \$90

Non-Member \$120

Registration required.

Minimum participants 5, maximum 12

**TO REGISTER
OR NEED INFO:**

**Go to the Communication Center
or call (614) 566.5356**