

ALEXANDER TECHNIQUE AMHERST

Registration Fall 2017

FALL WORKSHOP

Saturday, October 28, 2017

10:00 a.m. – 4:00 p.m.

Brown Bag Lunch

Faculty: Pamela Bartlett & Ruth Rootberg

The Alexander Technique Amherst One-Day Workshop is designed for students who wish to spend a day deepening their practice and understanding of the Alexander Technique in the company of others who share an interest and enthusiasm for the work.

The morning will be spent exploring practical skills such as monkey and chair turns. We'll work with the anatomical and mechanical understanding of these basic everyday movements and practice the art of carrying out your intention to move while inhibiting, directing, and maintaining awareness of your whole self.

After a brown bag lunch together, the afternoon will be your choice. Send us your ideas when you register, and we'll tailor activities to suit your interests. Or, choose something that day and watch us use our tools of inhibition and the means-whereby to invent on the spot!

This workshop size is limited to a small group, so register now to save your place.

Like us on Facebook at:
Alexander Technique
Connection

Name _____

Address _____

Phone _____

E-mail _____

What would you like to do in the afternoon?

Tuition and Payment

Confirmation and exact location in Amherst will be sent via e-mail.

Registration \$80 by October 1
(Registrations received after October 1 will be accepted as space allows.)

Payment options:

Checks:

Make checks payable to and mail with your registration to

Pamela Bartlett
ATA Fall 2017
44 Harlow Avenue
Northampton, MA 01060

Online:

To register online, go to

www.pambartlett.net

and click on

Classes and Events.

*Refund Policy

Withdrawal requested by October 14, full refund.

Withdrawal October 15–21, full refund less \$20.

†Emergency withdrawal after October 21:
contact Pam Bartlett.

Questions: pam@pambartlett.net