

FOR PERFORMERS

# THE ALEXANDER TECHNIQUE INTRODUCTION TO ALEXANDER TECHNIQUE: RADICALLY CHANGE AND EXTEND YOUR SENSORY EXPERIENCE

*Have you given up on it being an occupational disease? Excessive Tension? Uneasy movement, shallow breathing, and stage fright? For free movement, deep breathing, rich expressiveness, and healthy performance...  
**LEARN to CHANGE!***

**3/20 WED (BANK HOLIDAY)  
13:00-15:30  
1 DAY INTRODUCTORY CLASS**

Studio in Setagaya Ward/Participation  
fee 10,000 yen

- ✔ Make your sensory experience more vivid and get an attuned body
- ✔ Lightness of movement and presence - Easy movement, responsiveness and sound



**CONTACT US**

[www.kaorukuwata.com](http://www.kaorukuwata.com)