

# *Moving with Ease and Joy*

*Exploring Alexander Technique and the Feldenkrais Method*

*Sat 25th May 1-7pm*

**Course content will include playful, enjoyable work on standing, walking, sitting, reaching and more. Some considerable time will be spent lying on the floor and help will be readily available for anyone who may find getting up and down difficult. Some sections will include carefully facilitated hands on pair work which most people find helpful and enjoyable.**

**This is a great opportunity to spend a day achieving increased body awareness, reducing stress, and enhancing ease and pleasure in everyday movements and in your yoga/Pilates/dance classes/gym sessions.**

**Both Alexander Technique and Feldenkrais Method allow us to let go of some of the habitual postural and movement habits acquired over a lifetime which limit our freedom and efficiency in movement.**



## **TEAM WORK**

Juliana and Judy have been running residential dance and body awareness weekends together for around 20 years, developing increasingly effective ways of combining their skills and experience and a real passion for creating an environment where participants with a variety of backgrounds can learn, develop and discover new and more enjoyable ways of moving and being.

**Juliana Brustik** is a qualified Feldenkrais practitioner and has also many years' experience as a dance teacher, performer and choreographer. [www.julianabrustik-dance.com](http://www.julianabrustik-dance.com)

**Judy Hammond** a qualified Alexander Technique practitioner, teaches classes and residential courses all over the UK and annually in Greece, and has practices in Herts and London. [www.movingmindfully.com](http://www.movingmindfully.com)

## **What to bring and wear:**

Please bring a yoga mat or similar and wear loose, comfortable clothing. There will be a 50 minute tea break. You can bring your own refreshments or go to any of the cafes nearby. Hot drinks, biscuits and fruit are provided.

## **Venue:**

**Chisenhale Dance Space**, 64-84 Chisenhale Road, London, E3 5QZ

**Cost:** £75

**Early Bird reduction:** if you pay the total amount by 20th March you receive a £10 reduction.

**Booking:** [julbrustik@yahoo.co.uk](mailto:julbrustik@yahoo.co.uk) 077808 22843

