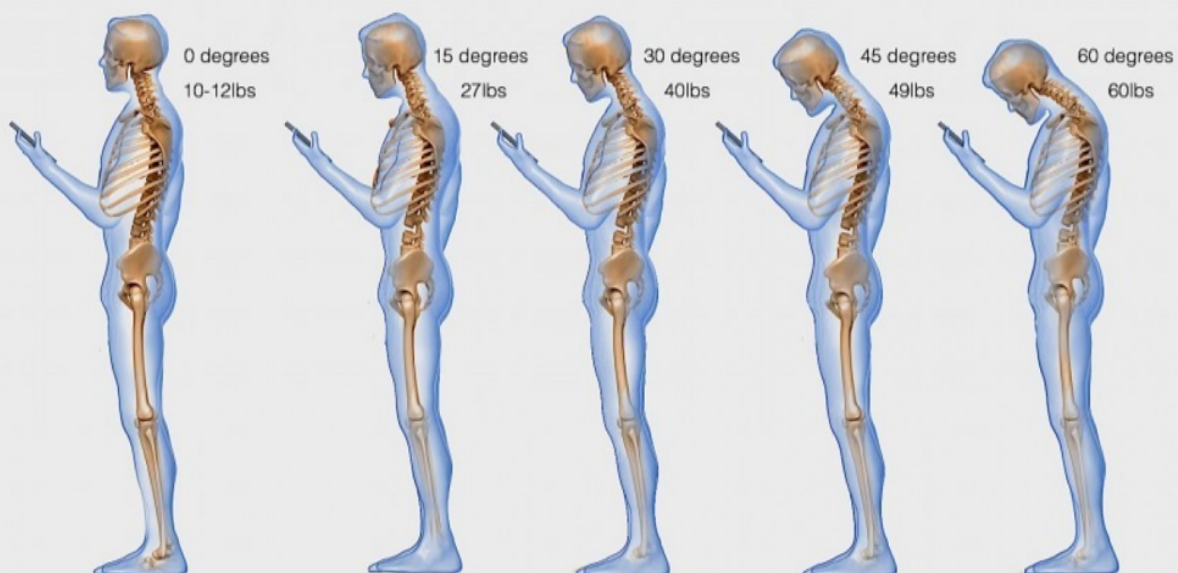


ALEXANDER TECHNIQUE LESSONS IN MALIBU



FEELING A LITTLE ACHE-Y?
WOULD YOU LIKE TO FEEL MORE EASE AND FREEDOM IN EVERYDAY MOVEMENT?
~~TRY THE ALEXANDER TECHNIQUE~~

MEG JOLLEY WILL OFFER A **FREE** WORKSHOP IN THE ALEXANDER TECHNIQUE IN
THE POINT DUME CLUBHOUSE on

SUNDAY SEPTEMBER 22, 2019
from 4:00-5:00 PM

NO PRIOR EXPERIENCE NECESSARY

**THE ALEXANDER TECHNIQUE CAN HELP IMPROVE COORDINATION, BALANCE,
PERFORMANCE TECHNIQUE FOR ATHLETES, ACTORS, MUSICIANS AND DANCERS, AS
WELL AS EASE IN EVERYDAY ACTIVITIES.**

ESPECIALLY RECOMMENDED FOR BREATH, BALANCE AND FORM IN YOGA

FOR MORE INFORMATION ~AND TO REGISTER ~ CONTACT MEG AT

mjolleyat@gmail.com www.alexandertechniquemalibu.com

The Pt. Dume Clubhouse is located at 29500 Heathercliff Rd.

For non-residents of PDC, Meg will leave your name at the entry gate.