



Mindful Turtle Yoga & Wellness

www.mindfulturtle.com • (631) 721-1881

RELAXATION WORKSHOP

Based on **Alexander Technique** principals

This technique opens up new avenues of perception; you'll learn to access unconscious processes and free up repressed muscular energy, and then reintegrate and reorganize the body and mind for optimal use.

We'll address:

- Pain, injuries, habits, how you use your body and brain, peak performance.

You'll learn:

- New ways to relax, breathe, think and move
- Anatomy of movement - release muscular holding patterns in order to access your reflexes
- Vision - a new way of seeing
- Accessing and rewiring your brain; reclaiming three dimensional space
- Evolution of personal consciousness - releasing unconscious habit patterns that cause pain and confusion
- How to be more effective while exercising, doing yoga or daily activities, or practicing any of the performing arts
- Creating more time and space for yourself
- Raising energy level, comfort level and level of functioning

Please wear comfortable clothing; you will be lying down, sitting, standing and walking. If you wear contact lenses, please wear glasses instead.

This workshop will be person specific, so enrollment is limited to 8 people maximum.

The Alexander Technique is often considered when no one else can help you, and as an alternative to surgery or drugs.

Bob Bradley is a certified Alexander Technique Teacher. He graduated from The American Center for the Alexander Technique in 1998. He has a private practice in East Setauket and teaches out of the Music Building at Stony Brook University.

"A thing rests by changing"
- Heraclitus

Sunday, October 25th, 2009 from 1:00 to 4:00 pm

\$45 per person

Advanced Registration Required