

Movement exploration using the Alexander Technique  
Principles in application to daily activities



# *Movement Coordination*

**ALEXANDER TECHNIQUE IN ACTION**



Simple movement sequences that reeducate  
the body-instrument in a safe environment

TAROONA COMMUNITY HALL  
Thursdays 10 am to 11:30 am  
drop-in \$20 / Pack of 5 classes \$75

Book your spot or call Leo  
[www.easeandmotion.com/creative-workshops](http://www.easeandmotion.com/creative-workshops)  
0405670124



Leo is a Movement Performance specialist and a certified Alexander Technique Teacher (AUSTAT Member). Leo draws on over 15 years of experience to facilitate safe and creative spaces for people to cultivate playfulness, awareness and self-agency.