

DISCOVER ALEXANDER TECHNIQUE

YOUR BODY WILL THANK YOU.

The University of Ottawa Department of Music presents a unique workshop with **Richard Albert**, founder of the Ottawa-Hull Centre for The Alexander Technique. Drawing inspiration from the ease, grace and poise with which young children move, The Alexander Technique aims to undo bad habits and to help each of us recapture the physical, mental and emotional grace of a child.

Learn skills valuable to every musician:

- ~ how to move your body efficiently and gracefully
- ~ how to improve mental capacity
- ~ how to increase self-awareness

Email anne@annedavison.net to register. Registration deadline January 21st, 2006.

january 28th, 2006 | perez bldg. room 113 | 10am - 1pm | admission \$10