



ALEXANDER TECHNIQUE FOR

RADICAL SELF-CARE

Interactive **FREE** workshop
for activists to build skills
in mind-body sustainability



2:00-3:30 PM
THURSDAY JUNE 27TH
FACULTY HOUSE
COLUMBIA UNIVERSITY

64 Morningside Dr, NY, NY 10027



Led by Joanna Britton & Karin Heisecke—

In this space for reflection and renewal, you will have the chance to receive hands-on bodywork from skilled Alexander Technique teachers, many of whom are also involved in activism. Principles of the Alexander Technique can help you gain mind-body clarity and stay in touch with your needs to sustainably engage in social change.



Register here:
bit.ly/atconference2019
or call/email:
937.586.3732
info@amsatonline.org

**Our Community's Future:
Diversity, Equity and Belonging**



™ Columbia University, New York City
June 26 - 30, 2019

