



## Dan Abraham Healthy Living Center

Think Up Newsletter - Alexander Technique Updates – 2<sup>nd</sup> Trimester, 2017

**Drop-in classes: AT Mind in Motion (MIM)** is a dynamic sequence of movements and stretches designed to teach you how to move with *less* harmful tension, and *greater* openness, ease and uprightness. MIM is helpful for supporting the health of the back and spine. MIM also helps to address stress, burnout and fatigue. No sign up or previous AT experience required; all DAHLC members and guests are welcome.

### **New MIM schedule begins May 1**

- Monday: 6:30 - 7:15pm
- Wednesday: 1:15 - 2pm
- Thursday: 1:15 - 2pm
- Friday 1:30 - 2:15pm

**Private AT Instruction** is ideal for addressing your unique health and wellness needs and goals, as well as deepening your AT practice: 60-min sessions cost \$50, and 30-min sessions cost \$25. A 10% discount is given for packages of 5. Private AT sessions are non-refundable, and will not expire. Private AT sessions are a clinical service and notes are recorded in patient medical records.

### **New private schedule begins May 1**

- Monday: 11:30am - 4:00pm
- Tuesday: 9am - 1pm
- Thursday: 11:30am - 1pm

## **AT Programs**

[AT Foundations](#)

[Advanced AT Program](#)

**AT Student Spotlight:** Mary Howe is a retired nurse and longtime DAHLC member. In her own words: "I retired two years ago from a full career in nursing. I arrived at this point having developed habits that adversely affected my neck, shoulders and spine. I also have a mild spinal curvature and knew that my posture would need help, especially as I aged. I feel so fortunate that a friend mentioned AT. I rejoined DAHLC as a retiree and soon started individual work with Laurel. I then started attending her drop-in classes as often as I could, and practicing at home as well. I have had such benefit from learning both the physical and the mindful aspects of AT. I have learned how to use the floor for support and use various and wonderful stretching exercises. The calming "undoing" part of AT, learned over time, has been most beneficial. I'm hooked!"