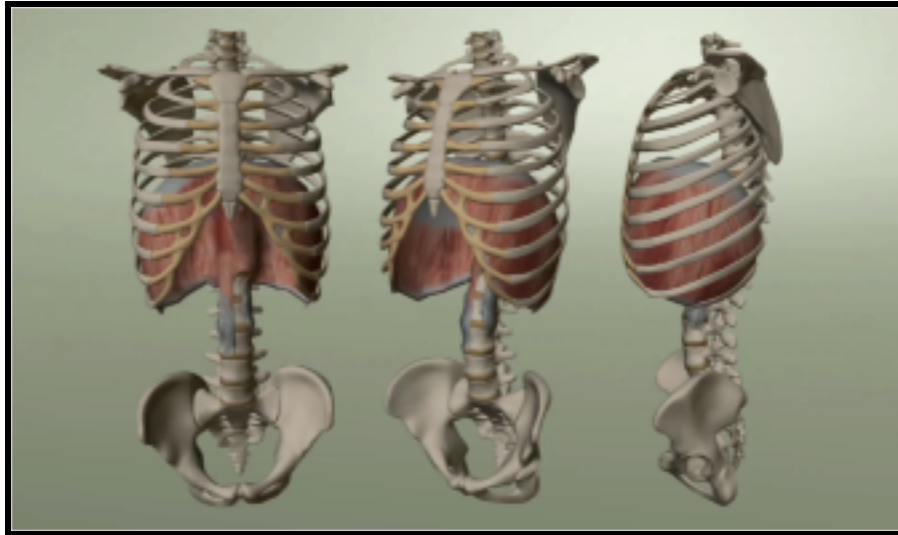


## Jessica Wolf's Art of Breathing

### One-Day Intensive for Alexander Teachers and Trainees



I would like to invite anyone trained or currently training in the Alexander Technique to join in this all-day workshop.

We will utilize the principles and procedures of Jessica Wolf's Art of Breathing to:

- Explore the anatomy of the respiratory system
- Clarify how to utilize the breath as support for the musculoskeletal framework
- Appreciate the breath as a powerful healing tool for conditions that affect the respiratory system. These include asthma, chronic pain, vocal problems, fatigue, anxiety, and depression
- Illuminate the use of breath in performance: vocal quality, presence, and endurance
- Discover how releasing the breath can contribute to psychophysical wellbeing

Together, we will develop sensory awareness to deepen our understanding of the relationship between body, breath, and voice. Our practice re-establishes presence, balance, poise, and vitality.

**When:** Sunday, November 17th, 2019 from 10:00am -- 5:00pm

**Where:** Balance Arts Center - 151 West 30th Street, 3rd Floor, New York, NY 10001

**Fee:** \$150 | Early Bird Fee of \$125 if registered and tuition received by October 20th

**Registration:** Please email me at [jessicawolf170@gmail.com](mailto:jessicawolf170@gmail.com). Payments can be made via check or Venmo ([jessicawolf170](https://www.venmo.com/jessicawolf170)).