

The Barstow Alexander Technique Institute

Re-discover the joy of moving naturally at the
34th Annual Barstow Institute Workshop



Marjorie Barstow
1899 - 1995



June 14 - 21, 2008

Doane College
Crete, Nebraska

The Alexander Technique is a simple, practical method for learning to improve freedom and ease of movement while regaining natural coordination.

The Technique teaches the use of the appropriate amount of effort for a particular activity, giving you more energy for all your activities ~ ranging from the everyday to performing special skills.

Marjorie Barstow was renowned for seeking simpler, more effective ways to communicate her understanding and love of the Alexander Technique. The teachers she trained happily continue her tradition at the Institute.

"I am 71 years old, and this is only the second time in my life that a week-long workshop has been truly life-altering. I am sold on the Barstow Alexander Institute."

Patricia Sunderland,
retired psychologist

Learn more about the Institute, faculty,
and registration by visiting us on the web:

barstowalexandertechnique.com

800-333-6263



**This workshop is
suitable for all ages and
levels of experience.**