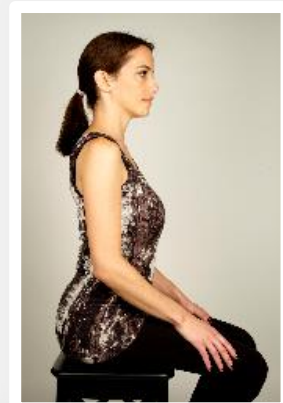
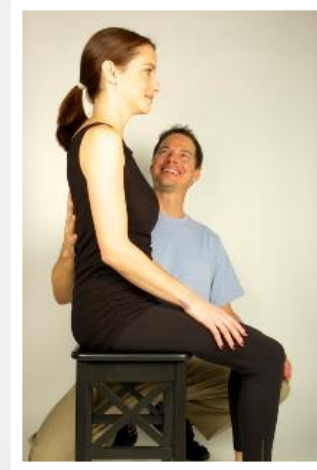
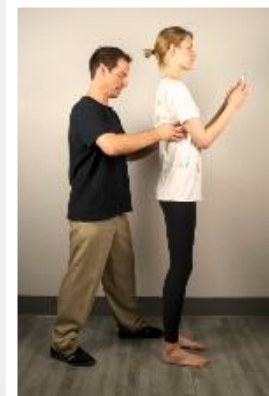


# THE ALEXANDER TECHNIQUE

The *Alexander Technique* teaches us to become aware of and subtract the negative habits that we have accumulated, thus restoring the dynamic coordination, balance and efficiency of the whole body.



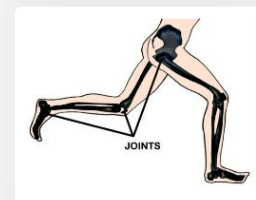
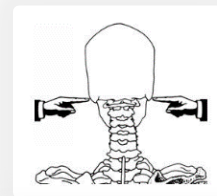
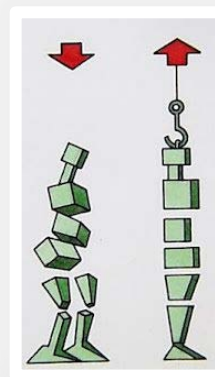
We can then *respond better* to life's situations, tasks and activities.



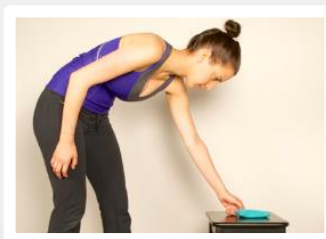
# THE ALEXANDER TECHNIQUE

You will learn how:

1. The body is designed to balance and move...



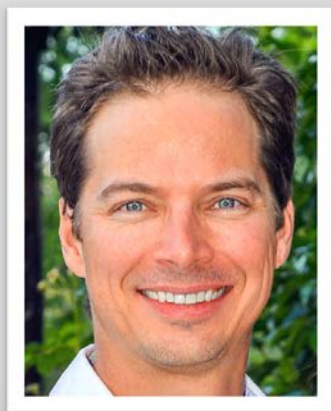
2. To become aware of and dissolve your negative habits...



3. To return to your design.



## Instructor Bio



**Brett Hershey** is an AMSAT certified Alexander Technique (AT) Instructor and Consultant in the Los Angeles area. He discovered AT when debilitating back pain nearly halted his life in his 20s. In a quest for a cure, he began taking lessons and was amazed at the positive results.

Brett combines AT with Tai Chi, Qi Gong and other modalities to help students from all walks of life improve posture, reduce pain and increase performance by teaching them how to better use themselves.

This year, he was a featured speaker at FITWELL's annual "Stress Less" week, and teaches AT and Tai Chi drop in classes Tuesdays, Thursdays and Fridays as part of the Fitzone schedule. Outside of UCLA, he runs his private practice, AlexanderTechLA ([www.alexandertechla.com](http://www.alexandertechla.com)) in Burbank and is the in-house AT instructor at the John Rosenfeld Studios in Hollywood.