

NEC PREPARATORY SCHOOL

EASE and FREEDOM in MAKING MUSIC: **-The Alexander Technique for Musicians-**

Free workshop: 1/25/20, 12:00-1:00, SB309

***Spring semester class,**
Saturdays 10:00-11:00, starts 2/1/20*



Do you have neck/back/
arm tension or pain when
playing your instrument or
singing?

Do you feel fatigued or
tense during practice or
performance?

Do you have postural or
breathing issues?

Do you suffer from
performance anxiety?

**Come to our Alexander Technique workshop or class
to learn how this unique method can help you get rid of unnecessary/
excessive tensions that may be causing pain or discomfort.
Find ease, freedom and joy in your music making!**

Questions? Please contact: Clara.Sandler@necmusic.edu