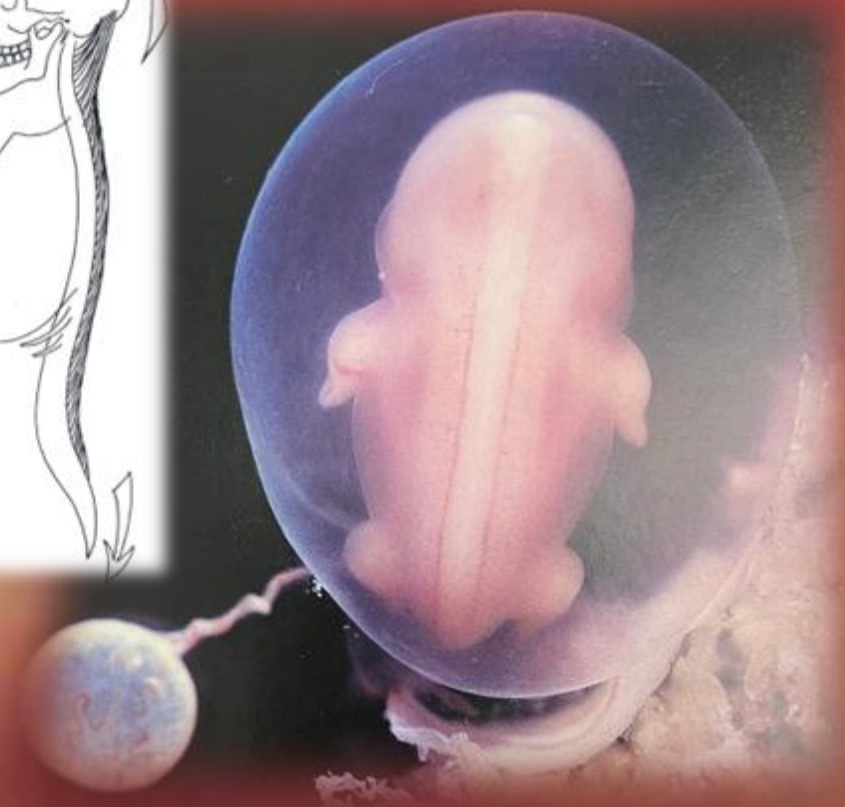
The Embryological Origins of Spinal Vitality & Upward-Flow

For Alexander Technique teachers & trainees
With Delia Rosenboom ATI

In Einbeck, Germany: 9th -11th April 2025

He who sees things from the very beginning will have the finest view of them all' (Aristotle)



Inspiring and insightful embryological stories about the development of our spinal 'up-energy'... embodied and bought alive through visualisations, work on self, gravity-based Dart work, AT hands-on work, evolutionary-based movement...All underpinning FM's directions for core lengthening, central axial support and primary control.

Bookings & Further Info:
https://www.alexanderalliance.org/postgrad-study