

SITTING: UPRIGHT & EASY

ALEXANDER TECHNIQUE WITH CONSTANCE



- In this FREE introductory class, Constance will help you build awareness and skills in a variety of sitting positions
- Prevent “text neck” and pain from sitting for long periods by learning to balance rather than slump or “sit up straight,” which is unsustainable
- Practice with kinesthetic guidance and find more comfort at the computer and in reading

DATE

Saturday,
October 5

LOCATION

Provincetown Library
356 Commercial St

TIME

2:00 - 3:30
pm

www.constanceclare.com
www.ProvincetownLibrary.org