

**The Alexander Technique  
Manchester Healing Arts  
66 Summer St  
Manchester-by-the-Sea, MA  
Corinna Trabucco, M AmSAT\*  
[www.corinnatrabucco.com](http://www.corinnatrabucco.com)  
[www.amsat.ws](http://www.amsat.ws)  
617-413-3308**

February 22, 2010

Dear Student,

For most people, physical tension is an unconscious habit begun in childhood and reinforced over the course of a lifetime. It's a self-perpetuating cycle that keeps us from realizing our true potential. Built up over years and decades, this tension can produce:

- Back and neck pain
- Fatigue
- Physical and emotional stress
- Susceptibility to injury and illness
- Performance anxiety

**An individual's conditions (postural sets, excessive and unnecessary tension and poor coordination) are what prevent good use. Daily lessons with an experienced teacher can accelerate positive change in these conditions.**

If you are in pain or want to improve your balance, coordination, and posture more quickly, I recommend doing intensive work.

### **Sunday Workshops: 10 to 12**

March 21

April 11

May 16

6 students maximum

Take one intensive for \$75

Two for \$130

Three for \$180

If you have been away for a while, these intensives will be a great review.

If you are new, these intensives will speed changes in your sensory awareness and enhance your beginning practice.

If you are experienced, these intensive will continue the refinement of your understanding and your sensory awareness.

**To register: call Corinna at 617-413-3308 or email [atteacher@verizon.net](mailto:atteacher@verizon.net)**

### **Ten Lessons in 3 Weeks**

In the beginning it is important to have as many lessons as close to each other as possible. In this way the teacher helps the student to recognize unnecessary habitual patterns of tension that get in his/her way. The teacher's hands-on guidance helps to change the physical conditions that interfere with balance, coordination and posture. **This helps the student who is in pain to manage it.**

During a lesson, the teacher will guide the student through activities such as sitting and standing by gently placing her hands on the student's neck, head, back, hips and legs. The teacher may lie the student on a table for part of the lesson to improve the relationship of her/his head, neck, back and limbs and then return her to standing to continue the work in sitting, standing, speaking, etc. In between lessons, students are encouraged to practice while lying down and observe their use throughout the

day.

I offer new students 10 half-hour lessons in 3 weeks for \$450. It can be paid in two installments.

*...the Alexander Technique doesn't teach you something new to do. It teaches you how to bring more practical intelligence into what you are already doing: how to eliminate stereotyped responses: how to deal with habit and change. It leaves you free to choose your own goal but gives you a better use of yourself while you work toward it."*

Frank Pierce Jones, [Freedom To Change](#)

The only constant in life is change. I invite you to join me in the journey.

Sincerely,  
Corinna

### **Schedule for Office Hours**

#### **Manchester-by-the-Sea, MA:**

Wednesday: 2:30-7:30 p.m.

Thursday & Friday: 8:30 - 5:30 p.m.

#### **Burlington, MA:**

Wednesday: 9:30 - 12:30 p.m.

Saturday: 9:00 - 2:30 p.m.

For directions to Manchester-by-the-Sea or Burlington, please go to [www.corinnatrabucco.com](http://www.corinnatrabucco.com)

### **Private Lessons:**

\$75/45 minutes

\$50/half-hour

10/ 45 minute lessons in 10 weeks for \$675.

**Group class:** Wednesday 6-7  
Manchester Healing Arts Center  
66 Summer St  
Manchester by the Sea, MA  
\$25 for one  
\$20 each for 4

**\*Member of The American Society for the Alexander Technique**  
[www.amsat.ws](http://www.amsat.ws).

*If you wish to join or be removed from this mailing list, please email me at [atteacher.com](mailto:atteacher.com) with REMOVE or ADD in the subject line. Thank you.*