



Alexander Technique

Private Lessons

- ▶ Do you suffer from neck or back pain?
- ▶ Do you have breathing difficulties during your everyday activities?
- ▶ Are you concerned about bad postural habits?
- ▶ Are you bothered by excess muscle tension?

Snead State Instructor
Dr. Barbara Hudson
is certified by
Alexander Technique
International.

She will guide you through various techniques you can incorporate into your everyday activities and alleviate difficulties you may have with neck, back and muscle pain, posture, and breathing.

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To
Anyone

Private lesson times TBA
snead.edu/workforce

For more information:
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