

RESISTANCE RENAISSANCE

*with Judy Hammond Bed ANATD MSTAT, teacher of the Alexander Technique,
movement and dance*

Sunday 21 July 9.30 for 10.00-16.30



There is a resurgence of interest in the use of resistance bands in movement and fitness classes. Judy Hammond, teacher of Alexander Technique and creator of our Positive Movement programme, has developed powerful ways of using them to enhance muscle tone without sacrificing good alignment or freedom in the neck/shoulders! The work is fun, interesting and very safe – you will come away with a repertoire of highly effective movements to practise at home plus sound principles to apply to the use of bands/fitness equipment in class or at the gym.

Cost: £65 includes *Nourish* lunch and refreshments

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