# Hanging out with our Hands



**Ashprington**
**Village Hall**
**Totnes**
**Devon**

**Sat June 17th**
**10.00am-4.00pm**
**£45**

From cradle to grave our hands accompany us in countless intricate ways which we can often take for granted

This workshop aims to enrich the sense of wonder, connection and sensitivity that is at our fingertips and which rests in our hands

The day will be infused with contemporary Alexander ideas and will

explore aspects of the hand
enliven our senses
prompt us back to our natural sense of grace, humour and poise

so that we come home to our hands with refreshed awareness

Former Physiotherapist, **Jenny Quick** is a life-long Artist and Musician.

She currently teaches **Alexander Technique** and **Piano** in Totnes, Devon.



for you if you use your hands in

**Therapeutic touch**
**(e.g. shiatsu/physiotherapy/ osteopathy/acupuncture etc)**

**Art**
**Music**

**simply love using your hands!**

To book please tel: 07925-654-228 or email jennyquicktm@gmail.com