

**JENNY QUICK
ALEXANDER TECHNIQUE
"BODY BASICS WORKSHOPS 2018"**

**Sunday March 11th 10.00 -12.00
Ashburton Arts Centre,
Old Methodist Church, 3 West Street,
TQ13 7DT**

Calling all string players age 3 to 103!

Practising needn't be a pain.

These 2018 "Body Basics" workshops will have

- practical, fun top tips on body awareness and movement
- guidelines on how to prevent tension and pain
- troubleshooting and analysis of common problems

An inaccurate concept of our natural physical design can interfere with freedom which may lead to unnecessary tension and often pain.

Simply understanding more about your body can help to avoid major issues and safeguard your comfort and musical longevity.



A lifelong musician, Jenny Quick has been helping people physically and artistically for over 40 years. Physiotherapist, Piano Teacher, Instrumental Coach and Accompanist, she has anchored herself in the Alexander Technique as the inspirational base from which she amalgamates her skills and expresses her life experience.

She has specialist experience with musicians of all levels from early young beginners to performing professionals.

"If your nose runs and your feet smell then you know you are built upside down". Einstein

To book please contact Jenny (see below)

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