

Nuria Vera Curriculum Vitae

1996: Qualified as a physiotherapist, University of Murcia

1999-2002: Three-year, full-time training as a teacher of The Alexander Technique at ATCA (Alexander Technique Centrum Amsterdam)

2003-2004: postgraduate training with Ilana Machover in her Eutokia method (using AT to facilitate easier pregnancy and natural childbirth)

2003- present day: teaching Alexander Technique in my hometown of Murcia, one-to-one and group classes.

I have given workshops for many different professional groups including doctors, physiotherapists, school teachers, dancers, musicians, etc...