

LET'S TAKE SOME TIME TO

BREATHE
with the
Alexander Technique

3rd to 9th OCTOBER 2022

IN THE BEAUTIFUL SURROUNDINGS OF
THE ALPUJARRA

ALEXANDER TECHNIQUE AND JESSICA WOLF'S ART OF BREATHING

- This workshop is for anyone who wants to live, move and breathe more consciously, fully and with less effort
- Discover the rhythm, flow and support of your own natural breathing mechanism in movement, speaking, walking and at rest
- The course will be taught by 4 experienced teachers with a group ratio of no more than 4 students to one teacher. You will also receive 4 private lessons(one from each teacher)

Places are strictly limited to 16
(Please book early to avoid disappointment)

**3rd - 9th October 2022 in Ferreirola
La Alpujarra (Granada)**

A scenic view of a mountain peak in the Alpujarra region, with a group of hikers gathered on a stone path in the foreground. The mountain is covered in dense green vegetation, and the sky is a clear, bright blue. The hikers are dressed in outdoor gear, and some are sitting on the ground, while others are standing and looking towards the mountain. The overall atmosphere is peaceful and adventurous.

ENJOY THE TIME, SPACE AND BEAUTY OF THE ALPUJARRA

You will have time each day to explore the area or just to be quiet as you breathe the clear mountain air.

The small village of Ferreirola is situated at an altitude of 1000 metres in the Sierra Nevada National Park and is an excellent area for hiking.

You will rarely be far from the sound of running water supplied by a network of irrigation channels and fountains built by the Moors. You can fill your own bottle with delicious, naturally carbonated spring water!

COURSE PRICE

Includes all Tuition, Accommodation and Food

Shared Occupancy €895

Single Occupancy €1135

See Price List on our website for more details



- Arrival is on Monday 3rd by 4pm and departure is on Sunday 9th after lunch
- The food is vegetarian, with vegan options, all prepared by our amazing bioenergetic chef Rocío (see website for menu). There will also be Trévelez ham and good wine for those who want it
- For travel information see our website

CALL US FOR MORE INFORMATION

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