



"Consciousness and the Body "

Alexander Technique workshop
with Vincent Fraser

1/15/10 Saturday 2:30-5pm
183 Sasapequan Rd Fairfield,CT
Commitment - \$50



Explore the relationship of consciousness to the body and how to influence specific relationships within the body to alter consciousness.

Drawing on both work with the subtle body and the Alexander Technique as a means of mind/body integration, we will discover and practice pathways to consciousness that one can become increasingly skillful at. As we move further into our work together, acknowledgement of a deeper understanding and experience of the self will emerge.



Vincent Fraser, CAT;CST; is a Certified Alexander Technique Teacher, Craniosacral Therapist and Somatic Therapist. He has been a student of consciousness for many years. To sign up- Call Vincent @ 203-570-2059 www.vincentfraser.com for more info.