

## San Francisco Chapter of NATS: Alexander Technique Workshops

2 workshops given by certified Alexander Technique  
Practitioners offered to members of SFBACNATS only

East Bay

Sunday, January 20<sup>th</sup> 2013, 3–4.30pm FRANK RYKEN  
957 Chandler Court, Concord. 94518  
Attendance limited to 15

San Francisco

Sunday, February 10<sup>th</sup> 2013, 3–4.30pm SUSAN NANCE  
114 Palm Avenue, San Francisco. 94118  
Attendance limited to 10

To register: email [sue@fieldstudio.org](mailto:sue@fieldstudio.org) and specify which workshop you  
would like to attend. If you cannot attend (after signing up) please  
contact me so your spot can be offered to someone else. There is no  
charge to attend. Light refreshments served after each workshop. Sue  
Field, VP Programs, San Francisco Chapter of NATS.