

Free Public Workshop

Back Care for People in Pain - Put the Spring Back in Your Spine

Workshop Description:

This free workshop will teach basic self-care principles for managing and preventing chronic back pain and will discuss recent research published in the British Medical Journal, on how the Alexander Technique helps back pain. All participants will have the opportunity to experience hands-on Alexander Technique instruction.

Presenter:

Judith C. Stern MA, PT is a certified teacher of the Alexander Technique (1987) and a licensed physical therapist practicing privately in Westchester County, New York. Judith received her Bachelor of Science degree and her Post-graduate Certificate in Physical Therapy from Simmons College in 1968, and holds a Masters Degree in Health Education from the University of Florida (1979).

Judith's background includes 40 years of clinical experience as a physical therapist. The last 20 years have been devoted to teaching the Alexander Technique. She lectures on and teaches the Alexander Technique in the United States, Europe and Israel. Judith has presented the Technique to the medical students at Columbia University and The Albert Einstein College of Medicine; to physical therapy students at Mercy College and Touro College; to graduate dentists at New York University; and to physicians and performing arts faculty at the Aspen Music Festival's conference on medical problems of Performing Artists.

Judith will be assisted by local Alexander Technique teachers Amira Alvarez, Constance Clare-Newman, Lenka Fejt, and Josephine Gray.

Sunday June 14

5:00 - 6:00 pm

Hotel Whitcomb Main Ballroom

1231 Market Street, San Francisco, CA 94103
(Between 8th and 9th Street, Civic Center BART)

Free and open to the public

Registration required

To register contact Nicola Skidmore at nic.skidmore@gmail.com or (415) 999-5159

This workshop is offered in conjunction with the annual professional conference of the American Society for the Alexander Technique (AmSAT).

www.amsat.ws