

**Caritas Center for Healing**  
330 E 16th Street, Tucson

**September 13, 2025**  
10am – 11:30am



## **Freeing your self from excessive tension – An experiential introduction to Contemporary Alexander Technique**

We all have the capability to move freely and easily. However, habitual patterns of limiting movement in our body and minds often cause tension, tightness or even pain.

The Alexander Technique offers a practical and mindful approach to counteract these challenges and promote a healthier and more comfortable way of moving and being.

Learn to develop awareness of your movement patterns and replace harmful habits with ease, joy and balance.

Suggested donation: \$15 – \$30

Facilitated by Anita Mischuk,  
Certified Contemporary Alexander Technique Instructor



Call Anita to reserve your spot:  
(520)222-9428

330 E 16th Street, Tucson

September 13, 2025 10am - 11:30am

## Freeing yourself from excessive tension – An experiential introduction to Contemporary Alexander Technique

We all have the capability to move freely and easily. However, habitual patterns of limiting movement in our body and minds often cause tension, tightness or even pain. The Alexander Technique offers a practical and mindful approach to counteract these challenges and promote a healthier and more comfortable way of moving and being.

Learn to develop awareness of your movement patterns and replace harmful habits with ease, joy and balance.

Suggested donation: \$15 - \$30

Facilitated by Anita Mischuk,

Certified Contemporary Alexander Technique Instructor

## Walk on Easy Street

choose, evolve

Call Anita to reserve your spot: (520)222-9428