



Preventing Performance Stress

The Alexander Technique

Mental and physical stress can greatly diminish your performance and get in the way of improvement. Removing the stress, strain & anxiety from what you love to do, leaves you free to reach even more of your potential.

1-hour Intro Class: See, hear and experience the improvement in an interactive group setting, only \$10 per person, payable to PABC at Registration or at the door: **Also open to the Public.**

Mon, 29 May 2017 at 3.30pm.

Tues, 30 May 2017 at 11am and 5:30pm.

Weds, 31 May 2017 at 5pm

Venue: The Old Courthouse, 7 Seymour St W, Kamloops

Open to all – competitors, observers, parents, volunteers and anyone else who may be interested!

Small Group & Private Sessions for more personal instruction and guaranteed hands-on work suited to your needs. Available throughout the week to suit your schedule and at specially reduced rates for the Festival:

\$20 per person small group class.

\$40 for a private, one-on-one session.

Please contact Emma Jarrett directly to book a time or see her at Registration on Sunday 28 May when you know your schedule.

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