Alexander Technique
Private Lessons

➢ Do you suffer from neck or back pain?
➢ Do you have breathing difficulties during your everyday activities?
➢ Are you concerned about bad postural habits?
➢ Are you bothered by excess muscle tension?

Snead State Instructor Dr. Barbara Hudson is certified by Alexander Technique International.

She will guide you through various techniques you can incorporate into your everyday activities and alleviate difficulties you may have with neck, back and muscle pain, posture, and breathing.

Private lesson times TBA snead.edu/workforce

For more information:
(256) 840-4147, barbara.hudson@snead.edu