

## Speaking Engagements

For the public:

- Readings and book signings
- Lectures
- Lectures with hands-on demonstration
- Intensive introductory courses for groups and organizations
- Hands-on workshops for small groups:
- Recovering From Musculoskeletal Injury
- Improving Balance and Coordination
- Exploring Eye-Hand Coordination
- Aging With Grace and Poise
- Understanding Fear and Anxiety
- Essential Athletic Skills for Teens
- Writing Narrative Non-Fiction

For Alexander teachers, teachers-in-training, and students:

- Readings and book signings
- Guest teaching on training courses
- Intensive and experiential workshops:
- Essential Elements of the Teacher's Hands-on Skill
- Enhancing Inhibition and Direction
- Exploring How to Teach Yourself
- Using the Extensor Muscles to Improve Balance and Coordination
- Understanding Fear and Anxiety
- Writing Narrative Non-Fiction
- Other topic areas available

Contact me with your inquiry...