



David Moore is the Director of the School for F.M. Alexander Studies and has been teaching the Alexander Technique for over 30 years and training teachers of the technique for 20 years. He is also a teacher of Alexander Yoga and the author of "Smart Yoga: Apply the Alexander Technique to Enhance Your Practice, Prevent Injury and Increase Body Awareness."

As an avid walker and enjoying multi-day hikes in wilderness areas across a great variety of terrain he finds the awareness that comes from the Alexander technique enormously useful in maintaining good body use and avoiding injuries..

School for
F.M. Alexander Studies



Working with Feet

with David Moore

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Saturday 2nd December 10.30am to 4pm

\$120 Full / \$95 Concession

This is a practical workshop examining alternative methods for alleviating foot dysfunctions including flat arches and bunions. Participants will be introduced to principles of the Alexander technique in order to better understand the direct influence whole body balance and coordination has upon the feet. The workshop will also cover yoga