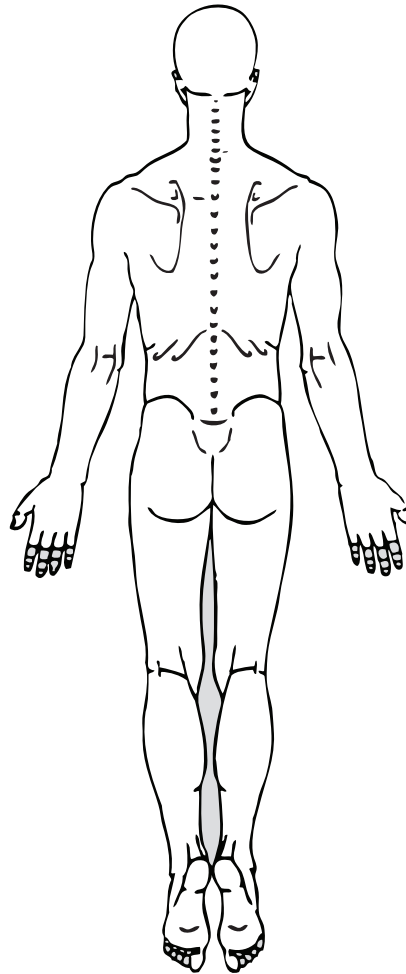


Sunday, January 7 • 12:00 p.m. at the Coop

Don't Make Pain the Enemy **FREEING YOURSELF TO HEAL**



*Led by Coop member **Dan Cayer**, an Alexander Technique and meditation teacher, this workshop will teach you how true pain relief and sustainable posture are not the result of struggle and vigilance. In fact, our efforts to micromanage our pain and posture only make things worse. You will learn how to tap into your body's natural structure and wisdom through group exercises and individual hands-on adjustments.*

Creating an attitude of openness and curiosity paves the way for true healing. By learning to not micromanage our body, we discover our body's natural intelligence and posture. The Alexander Technique and mindfulness will be applied to help you directly contact innate healthiness and ease, without having to try to be "better." These are practices and an attitude shift that you can take with you long after the class. The goal is not to stay the same forever, rather that when we stop resisting the present moment, we truly begin to change.

FREE NON MEMBERS WELCOME

VIEWS EXPRESSED BY THE PRESENTER DO NOT NECESSARILY REPRESENT THE PARK SLOPE FOOD COOP

PARK SLOPE FOOD COOP

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