

THE ALEXANDER TECHNIQUE and SCOTTISH COUNTRY DANCING

with
ELIZABETH A. BUONOMO



When: Saturday, June 18, 2016, 10am – 1 pm
Cost: \$20
Location: St. John's Episcopal Church, 301 E. Main Street, Ramsey, NJ

The Alexander Technique is a hands on method that is helpful for dancers to improve posture and movement. Using light touch and verbal instructions, it helps participants to release tension and change movement habits that interfere with a flowing, comfortable, poised dance. It is widely found in performing arts schools and universities across the world. It is also helpful for people with pain.

Elizabeth has been studying Scottish Country Dance for over ten years. In May 2015, she passed her preliminary exam and qualified as a Scottish Country Dance instructor. She currently teaches at her local branch in Ho-ho-Kus, NJ and serves on the Executive Committee of the RSCDS NJ branch. Elizabeth has been teaching the Alexander Technique for 25 years. Limited enrollment.

SCOTTISH LADIES STEP (Men also welcome!)

with
KATE NEALLEY

When: Saturday, October 8, 2016, 10am – 1 pm
Cost: \$20
Location: St. John's Episcopal Church, 301 E. Main Street, Ramsey, NJ

Scottish Ladies' Step Dance uses many of the same steps and movements as Scottish Highland Dance, yet it has a softer, lower impact style. In the first half of the workshop, dancers will learn basic positions, and standard combinations of movements. In the second half, dancers will learn a short step dance.

Kate has been enjoying Scottish Country Dancing and Scottish Step Dancing for over thirty years. She studied Step Dance at the RSCDS Summer School in St Andrew's as well as with Ron Wallace and other American teachers. Since 1990, she has taught a Ladies' Step class in her home near Philadelphia.

I would like to register for (circle one or both):

Alexander Technique

Ladies Step

Name _____

Address _____

Phone _____ Email _____

Send a check payable to Elizabeth Buonomo to 305 West Hudson Ave., Englewood, NJ 07631. For more information, contact Elizabeth at 201-750-2979 or by email at elizabeth@alextechmetro.com.