

Alexander Technique with Tai Chi & Walking

16 – 23 April 2012

with Robin & Béatrice Simmons-Heiz

To be read together with our A4 full-colour folder, see our web site and click on 'Contact & brochure'

Get away from the stress of modern life and discover strategies to deal with it. Become more upright, balanced and self-aware by learning The Alexander Technique, the self-help method that teaches you consciousness of your posture, breathing, thinking and movement patterns. This harmonic integration of body and consciousness was developed by F.M. Alexander (1869-1955).

The Cheng Man-Ching T'ai Chi Short Form and 'circling hands' will be studied. Combined with Alexander work it becomes an effective therapeutic form of movement. The week will also include guided walks (with the option of Nordic Walking), and other opportunities to integrate the learning. In April Yuva abounds with wild herbs and spring flowers. It is especially suitable for this programme, as its unspoilt nature and quietness are the ideal setting for meditative insights.



Robin Simmons SVLAT MSTAT has been teaching the F.M. Alexander Technique since 1971 and T'ai Chi since 1972. He co-directs an approved teacher training school with Béatrice in Zürich. He also offers individual lessons in Zürich and in Brig, Switzerland. He was certificated as a Nordic Walking instructor in 2005.

Béatrice Simmons-Heiz SVLAT MSTAT has been teaching the F.M. Alexander Technique for over 20 years and is co-director, with Robin, of their Alexander Teacher training school in Zürich. She also offers individual Alexander Technique, Alchemy of Fragrances and Shaman-Alchemy in her Attara-Atelier in Brig.

There will be time between classes and individual lessons to take up what is offered at Yuva: Its wonderful scenery, to relax, swim, go on local walks (guided by Yuva's expert guide or independent), or take Aromatherapy Massage or Reflexology.

Price: £495 (**early-bird** before 31 Jan, **£465**), includes tuition, 7 nights full-board based on sharing a twin room or in a single log cabin, excluding flights and transfers. For more comfort (limited availability), twin log cabin as single supplement £50, twin room as single supplement £70 per week. Full-board includes breakfast and dinner every day and lunch on five days. If you wish to attend both weeks, the total charge is £915, early-bird £890 (plus single supplements).



"Thank you both for teaching how to get taller, to have a better posture, to feel great and so we can enjoy our life!"
MC, Sion

"Many thanks for introducing me to a new technique for dealing with my back problem & a way to rebalance myself generally." RS, Manchester

"After a few sessions with Béatrice I feel on the whole lighter, more flexible and released. A lot of my pain and symptoms are gone..." GU, Eschwege

Questions. For further information please see: www.myalexander-technik.com (English & German), or contact: Robin & Béatrice Simmons-Heiz, T: +41 (0)78 602 28 38 / 53 E: simmons.heiz@bluewin.ch

Booking, please contact Nigel Walker at Yuva's UK office T: + 44 (0) 1760 755888

E: yuva@vegiventures.com www.yuvaholidays.com

Yuva, c/o VegiVentures, Castle Cottage, Castle Acre, Norfolk PE32 2AJ - UK