

# Why practice the Alexander Technique?

Monday, July 17th 7 - 9 pm

Unity Church of Practical Christianity  
1243 Delaware Ave, Buffalo, NY 14209  
Admission: \$10 Suggested Love Offering

Offered by Michael Serio, Certified Alexander Technique Teacher  
and Unity Church of Buffalo Music Director



The Alexander Technique was developed to improve performance and prevent injury for performing artists. However, its many benefits are universal and especially helpful in reducing and preventing everyday back, neck and joint pain. Learn how you can benefit from applying the Alexander Technique in your life!



*F.M. Alexander working with a young student*

Michael Serio has been practicing the Alexander Technique for over 15 years. He trained under Tommy Thompson at the Alexander Technique Center at Cambridge, MA and received certification through Alexander Technique International (ATI). Please visit [musicianwellnesscoach.com](http://musicianwellnesscoach.com) or call: 857-891-5943 for more information.