

# MALIBU CALIFORNIA

## 2019 - Serra Retreat Center

CELEBRATING  
40 YEARS!

## ALEXANDER TECHNIQUE

5-DAY  
RESIDENTIAL  
RETREAT  
December 27 –  
January 1, 2020



Alexander Teaching Staff



John Nicholls



Lyn Charlsen Klein



Carol P. Prentice



John Baron



Lauren Hill



Pamela Blanc



Michael D. Frederick



Frances Marsden



Julia Caulder



Michael Gelb

*Spirit of Community... Joyful Learning... Malibu Sun...*

**Programs designed to meet your level of experience...  
from Beginning to Advanced - All Are Welcome!**

- *Alexander Teachers* enjoy advanced training in *Master Classes* taught by Senior Teachers
- *Alexander Teacher Trainees* compliment their training with an international mix of qualified teacher trainers
- *Experienced Students* deepen their Alexander studies and understanding of this psycho-physical work
- *New Students* build a practical foundation in the Alexander Technique

**For information call (310) 880-7700**

**Michael D. Frederick, Director**

**[www.alexandertechniqueretreats.com](http://www.alexandertechniqueretreats.com)**

*“Simply one of the  
best Alexander Technique  
Retreats anywhere...”  
Celebrating 40 Years!  
Please join us...*