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Salve Regina - The Newport College to Host Three-Day Workshop in "Alexander Technique"

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Salve Regina University, "Salve Regina - The Newport College to Host Three-Day Workshop in "Alexander Technique"" (1981). *Press Release Archive*. 1981.

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NEWS RELEASE
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SALVE REGINA - THE NEWPORT COLLEGE TO HOST
THREE-DAY WORKSHOP IN "ALEXANDER TECHNIQUE"

A three-day workshop in the "Alexander Technique," a process involving re-educating the mind/body through use of touch and imagery, will be held October 23-25 at Salve Regina - The Newport College.

The Alexander Technique takes a wholistic approach to health; participants are taught how to get in touch with themselves so they can "teach" their bodies how to function more comfortably. Simple self-help "non-exercises" applying to sitting, standing and lying down aid each individual in feeling better and looking better, resulting, for many, in a higher self-image.

Teaching the workshop is certified instructor Rupa Cousins. Cousins, a former professional actress, is also a certified yoga

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instructor. In addition, she has studied structural awareness with Rachel Harris, and is a long-time disciple of Bhagwan Shree Rajneesh. From this latter association she brings to her workshops the dimensions of meditation and Sufi dancing. Active with the Association for Humanistic Psychology, Cousins has taught yoga and creative movement at Boulder Fashion College and Miami Dade Junior College where she worked extensively with the elderly. She currently has a private practice in New York.

Cost of the seminar is \$60.00, and registrations must be received by October 16. To register or obtain further information, call Dr. Jack Childs at 847-6650, ext. 339.