

Healing through alignment



with Annette Cantor

Saturday march 27 and april 17, 9am – 12noon

Santa Fe Community Yoga Center, 826 Camino De Monte Rey, suite B1

Cost: \$60 for one class, \$ 100 for both when you sign up in advance

For information call 505 – 670 0474 or 820-9363 for directions

Come learn about alignment for body, mind and soul for deep healing: through the Alexander Technique, the breath and the vibration of sound, and the practice of gratefulness. You will

- Learn to instantly release chronic stress and habitual holding patterns to heal chronic physical conditions.
- Use your breath and voice for deep relaxation and quieting the mind.
- Create intention, awareness and focus to build the life you want to live.
- Enjoy a guided meditation to Annette singing live.

Annette Cantor is a singer and teacher of the Alexander Technique who has taught individuals and workshops in the US and abroad since 1985. She brings her own spiritual work to the sessions to create a profound healing experience.

Annette has recorded several CD's which provide music for transformation, her latest release "**songs to the earth**" is set to native flute, drums and cello. Look at:

www.annettesings.com 505 – 670 0474