

# Alexander Holiday Workshop on Greek Island of Alonnisos 2010

One week residential international workshop for teachers/trainees/advanced students

**Friday 16th – 23rd July 2009**

with Penny O'Connor MSTAT

Walk along mule tracks to crystal clear Aegean waters, semi-supine on the mountain, swim under the stars, share work, experiments, hands-on, chi kung, swimming, skills and games on a hilltop village overlooking sea and islands. Afternoons for quiet reflection, opportunities for yoga, massage, snorkelling, boat trips and social gatherings at local tavernas. Magical experiences when the inside and outside world meet.

**Only £465 inc. accommodation**

Workshops for all levels also available in June, July and September

*"I feel I've removed another layer of doing, deepened my understanding of inhibition and being present, and had my sluggish creative side sparked into action. Thank you so much for a fabulous week!" Christine UK*

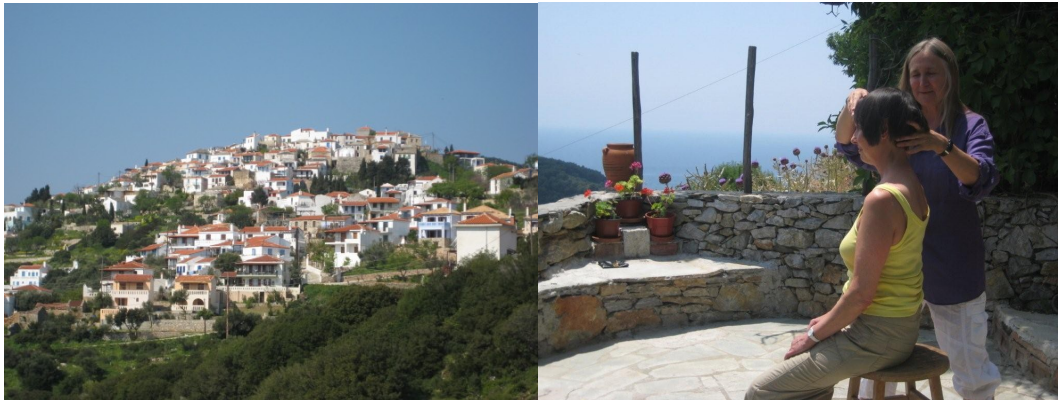
*"A fantastic dream" Daniel, Germany*

*"The highlights of the week for me are the various ways in which you stimulate awareness in activity, a reminder that we as teachers continue to need exactly what we teach our pupils" Claire, France*

*"Such an idyllic setting. Swimming in the sparkly Aegean waters divine." Janette, Australia*

*"Every moment of this week was delightful... the way inhibition opens perception of my surroundings...thinking with my whole person" Michel, France*

*"The whole course was magical...boat trips and forest walks and being with others on similar wavelengths" Amy UK*



For further details contact Penny on [alexpen@onetel.com](mailto:alexpen@onetel.com), telephone +44 2072532022 or visit

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