

Nurturing You: Self-care and Mindful Living for Mothers

Embark on a transformative journey where motherhood unfolds not just as a role but as a harmonious dance of mind and body. In this unique class series, we delve into the essence of self-care and mindful living, bringing the wisdom of the Alexander Technique to the heart of motherhood.

What is the Alexander Technique?

Former actor F.M. Alexander (1869-1955) realized that we physically contract in response to pain and stress. He discovered that the dynamic relationship of the head, neck, and back gets compromised by how we respond to our lives. Restoring the balance in that relationship allows the body to expand and move with more freedom and ease. In a world where the demands of parenting often disrupt our conscious connection with our bodies, we've crafted a unique class just for mothers. Dive into the realm of the Alexander Technique, unveiling tools that redefine parenting and self-nurturing. Reported benefits of studying the Alexander Technique relate to mindfulness, awareness and moving with ease. The technique is conveyed verbally and through light touch. **Prior knowledge of the Alexander Technique is not required. All moms are welcome.*

Class Highlights:

- Mindful Movement
- Emotional Resilience
- Self-Care Rituals
- Community Connection

Sunday 2/25 & Sunday 3/3 from 10am - 12pm. Reserve your spot via email fannylora@fannylora.com. Fee \$200 (includes the 2 classes, and A \$50 SPA SERVICE GIFT CARD & RETAIL COUPON FROM PURELY YOU AESTHETIC BOUTIQUE). Payment received through Venmo (@Fanny-Lora) and Zelle (fannylora@fannylora.com).

About Us:

Fanny Lora is a local certified Alexander Technique Teacher, Classical Singer, composer and mother of two. She specializes in Spanish and Latin American repertoire, driving her to curate and deliver concerts on both national and international stages. In 2020, she launched her YouTube Channel to share her Alexander Technique expertise, and also founded LullaYou, a company connecting parents and babies through personalized nursery songs. She resides with her family in Holliston, MA. To learn more visit: www.fannylora.com.

Diane Hovenesian is a certified Alexander Technique Teacher, mother of three, and owner of Healing Well Studio in Walpole. Other modalities that inform her teaching are: Subtle Energy Healing (INEH), Actor's Secret (a combination of AT, Somatic Experiencing, and Breathing Coordination), meditation, and yoga. For 9 years, she was a staff member in the Health and Wellness Department at Boston Conservatory and Berklee College of Music teaching AT to performing artists. To learn more visit: www.healingwellstudio.com.