

# Applying the Alexander Technique to Yoga Practice: A retreat in Assisi

**Led by David Moore assisted by Rossella Buono and other teachers.**

*June 17 – 23, 2020 at Assisi, Italy*

Accommodation is in single, double and four bed ensuite rooms

This course is for AT teachers and trainees, yoga teachers and people from all walks of life. Most who booked for last year's retreat were Alexander teachers and trainees and yoga teachers. We will divide up some groups to allow us to take account of the different groups level of experience and specific interests. There will be focused groups looking at manual and verbal guidance of yoga students.

This training is based on David Moore's book ["Smart Yoga: Apply the Alexander Technique to Enhance Your Practice, Prevent Injury and Increase Body Awareness."](#)

In addition, Rossella Buono will be running sessions for teachers based on her book ["For the Love of Games"](#) on the application of fun and games to the teaching and learning process.

[You can find more details and book here](#)