



Alexander Technique PNW

Cassie Maloney Vandehey, AmSAT

Alexander Technique PNW provides high quality education for those who wish to sustainably reduce stress and improve impulse control. Working with muscular, thought, and emotional patterns that lead to things such as pain, anxiety, and postural issues helps students learn to live with more freedom and ease. Lessons in the Alexander Technique help students learn new, healthy patterns to carry into their daily lives and specialized activities.

Have You Heard of the Alexander Technique?

Did you know that your habitual patterns (of movement, thought, and emotion) can cause unnecessary tension, pain, and stress? The ways you sit, move, and interact with your daily life can cause fixed patterns that get worse over time and interfere with things you want to do.

But, no worries! You don't have to stay stuck in your old patterns! Cassie (flutist and educator) specializes in re-educating neuromuscular patterns to sustainably improve the way you live, play, and work with the Alexander Technique.

Common outcomes:

- enhanced emotional regulation
- improved stress management
- reduced postural strain
- increased self awareness



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