
From: Stephanie Segers <[REDACTED]>
Sent: Wednesday, December 18, 2013 1:42 AM
To: Karyna Shuliak
Subject: Re: Alexander technique lesson

Hi Karyna,

Will it be ok to wait until after the New Year's holiday to meet for an introductory lesson? Things are busy with the 2 holidays in the middle of the week so I hope that will be fine.

In the meantime you can check my website at www.alexanderlessons.com <<http://www.alexanderlessons.com>> for more information about the technique, and if you would like to do some reading as well, the New York Public Library has some good books about Alexander Technique. I think they have Judy Liebowitz's introductory book as well as several others.

Thanks,

Stephanie Segers

On Tue, Dec 10, 2013 at 2:07 PM, Karyna Shuliak <[REDACTED]> > wrote:

Hello Stephanie,
My name is Karyna,
I am looking for a teacher to organize a private Alexander technique class for 1 to 3 people depending on your availability.
Please let me know how we could arrange that.
My cell [REDACTED] > or email= [REDACTED]
<[mailto:\[REDACTED\]](mailto:[REDACTED])>

Thank you,
Karyna.