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**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 =o wait until after the New Year's holiday to meet for an introductory =esson? 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) <<http://www.alexanderlessons.com>> for more information ab=ut the technique, and if you would like to do some reading as well, the Ne= York Public Library has some good books about Alexander Technique. I t=ink they have Judy Liebowitz's introductory book as well as several ot=ers.

Thanks,

Stephanie Segers

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

Hello St=phanie,  
My name is Karyna,  
I am looking for a teacher to organize a =rivate Alexander technique class for 1 to 3 people depending on your avail=ability.

Please let me know how we could arrange that.

My cell [REDACTED] > or email=[REDACTED]  
<mailto:[REDACTED]>

Thank you,

Karyna.