



## Lightness of Being with the Alexander Technique July 3-9, 2023 – Valencia, Spain

<b>SCHEDULE</b>	<b>3rd</b>	<b>4th-7th</b>	<b>8th</b>	<b>9th</b>
	<b>MONDAY</b>	<b>TUESDAY TO FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
8:00-9:00		YOGA		
9:00-9:30		BREAKFAST		
9:30-11:00		GALIT		<b>DEPARTURE</b>
11:00-11:15		TEA BREAK		
11:15-12:45		PETER		
13:00-14:00	LUNCH TIME			
14:00-16:00	<b>WELCOMING</b>	SWIMMING, DRAWING, PRIVATE SESSIONS		
16:00-17:00	PSYCHOSOPHY WORKSHOP		CLOSING	
17:00-17:15	TEA BREAK		MUSIC & XIRINGUITO	
17:15-18:30	PSYCHOSOPHY WORKSHOP			
19:00	DINNER			

**INDIVIDUAL  
LESSONS**

PER APPOINTMENT, ASK FOR AVAILABILITY

Price is 1.140€, all inclusive.

If you want to confirm your attendance please write to [zeifgalit@gmail.com](mailto:zeifgalit@gmail.com) or [kikeribes@gmail.com](mailto:kikeribes@gmail.com)



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Psychosophy Workshop

- 1 Monday 3/7 Intro to Psychosophy.  
Psychosophy deals with the unmitigated relation between thinking and the universe's fleeting ever changing wisdom.
- 2 Tuesday 4/7 Complex systems - What is the human?
- 3 Wednesday 5/7 Touch and cognition - What can one Know?
- 4 Thursday 6/7 Necessity and coincidence - What should one do?
- 5 Friday 7/7 Leap of faith - What can one hope for?