

Alexander Technique

Tuesday 28th November

Citiplace 1st floor conference room

9.45-10.45

12 Places

You may have heard of the Alexander Technique in connection with educating actors and musicians, but did you know it's very useful for helping people out of low back pain? The British Medical Journal in controlled trials rated it above every other therapy. **Glenn Swift**, with 35 years of teaching experience, will introduce you to the basic principles and practice through gentle hands-on suggestions which will change your sense of balance to something easier than you might imagine.

Storytelling

Tuesday 28th November

Citiplace 1st floor conference room

11.30-12.30

35 Places

Join **Glenn Swift**, A West Australian Storyteller, for an hour of pure entertainment ranging from Historical to Hysterical. Swan River ghost stories from the early days of English settlement mix with fantastic stories collected on his travels in Norway. Glenn is described by the Director of the Department for the Arts as one of our State's living treasures.