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The Energized Self

A Seminar with Pedro de Alcantara

When: Friday to Sunday, January 25/27, 2008, 10 AM to 4 PM

Where: Atelier de la Main d'Or, 9 Passage de la Main d'Or, Paris, 11th arrondissement. Metro stations Ledru–Rollin (line 8) or Bastille (lines 1, 5, 8).

For Whom: Singers, instrumentalists, actors, conductors; public speakers; teachers of the Alexander Technique and other somatic disciplines; healers and therapists; curious cats. First come, first served. Limited to twelve participants.

How Much: **110 euros per day, 300 euros for all three days.** Each day is self-contained and covers a separate (though interrelated) theme. You're welcome to sing up for one, two, or three days.

Please make checks payable to **Pedro de Alcantara**, and mail them to the following address: 38 boulevard Beaumarchais, 75011 Paris, France. Checks accepted in euros, and also US dollars or British pounds at the current rate of exchange. 100% refunds up to January 10, no refunds after.

You're welcome to bring a musical instrument and a piece of music, a song, or a text to perform. You're also welcome to come empty-handed if you prefer!

Name_____

Occupation_____

Postal address_____

Phone number_____

e-mail address_____

I'm signing up for the following days (check):

___Friday (Energy & Rhythm)

___Saturday (Oscillation & Vibration)

___Sunday (The Voice)