

What's On

The Mitzvah Technique



Tuesday, March 22nd, 2011

*2:00 pm-3:30 pm
3rd Floor, Auditorium*



Gently helps
posture, tension,
stress, pain
& mobility

Join Susan Green in an introduction to the Mitzvah Technique. Derived from the word 'Mitzvah,' meaning a 'good deed returning to the doer', the Mitzvah Technique helps you to gently improve posture and mobility while reducing tension and stress. The Mitzvah Technique is capable of assisting people to maintain healthy posture and create a release of tension and stress. It has universal appeal because its fundamental body movement is readily incorporated into a wide variety of activities.

**** Registration is required. Please call 416-393-5440****

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