



WEEKEND CLASS IN OSAKA

+ PRIVATE LESSON

January, 2024

The choice to continue taking lessons for your transformation.

Since the Alexander Technique deals with becoming aware of the unconscious habits of our minds and bodies that we are accustomed to, we can say that continuous learning can bring about great change.

Our Osaka school are near the Osaka Castle, Nakanoshima area, Museums, and also there are good restaurants. You can enjoy both past and present Osaka culture. The stations of Osaka Metro and Keihan Railway are also within walking distance, it's very convenient!

2024
1/13&14

Example;

10:30am - 12:30pm

Taking a class

1:30pm-5:00pm

Sightseeing

12:45- 1:30pm

Enjoying lunch at the
Riverside restaurant

5:15pm-6:00pm,

6:15pm-7:00pm

Taking a private
lesson

*Ask us the
details and other
options!*