



- Navigation
- ATMASM Centre
- Alexander Technique
- Integral Yoga
- Tai Chi Chuan
- Individual Hands-on Work
- Zen Meditation
- Contact

Updates

Integral Yoga Teacher Training course to begin in September!!

Alexander Technique at ATMA

What is the Alexander Technique?		Teacher Training		About the teacher, Sumi Komo
	Private Lessons		Introductory Lecture-demonstrations	

Copyright © 2007 ATMA © Centre