

I Finally Have A Window!...How To Master What To Do With It

Friday, August 5, 2011

11:00 AM – Concurrent Session

Janice McKenna, Faculty

Mastering Posture: What to do from head to toe

- How to stand-feet and legs

- What to do with hands

- Shoulders-are they important?

- Head and neck

Mastering additional energy

- What does this mean?

- Where does it come from?

- Mastering the importance of the FACE

Mastering the story

- Have you read the lyrics?

- Can you tell the story?

- Can you stay “in the moment”?