

**From:** [REDACTED]  
**To:** Karyna Shuliak <[REDACTED]>  
**Subject:** Re: Alexander technique lesson  
**Date:** Wed, 11 Dec 2013 01:17:27 +0000

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Sounds good. Feel free to give a call or send an email.

j

Joan Arnold  
Certified Teacher -- Yoga & the Alexander Technique  
[REDACTED] -- [REDACTED]  
[REDACTED] -- Manhattan  
[REDACTED] -- Brooklyn

Executive Director, Ancram Opera House  
-- room to move for body and mind --  
[REDACTED]

> -----Original Message-----

> From: Karyna Shuliak <[REDACTED]>  
> To: [REDACTED] <[REDACTED]>  
> Subject: Re: Alexander technique lesson  
> Sent: 11 Dec '13 01:06

>

> Hi Joan,

> Thank you for getting back to me. I am still awaiting for my friend's schedule, will let you know as soon as I find out.

> Thank you.

>

> Sent from my iPhone

>

>> On Dec 10, 2013, at 5:42 PM, [REDACTED] wrote:

>>

>> Hi Karyna,

>>

>> I'd be happy to work with you in a small group. Here are times I have available this week at the addresses below:

>>

>> Wednesday 12/11 in Brooklyn -- 2:00 or 3:00 pm

>> Thursday 12/12 in Manhattan -- 3:30 or 6:30 pm

>> Friday 12/13 in Brooklyn -- 1:00 pm

>>

>> We can also look ahead to next week.

>>

>> Thanks for your interest in the Alexander Technique.

>>

>> all the best,

>> Joan

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>>  
>> Joan Arnold  
>> Certified Teacher -- Yoga & the Alexander Technique  
>> [REDACTED] -- [REDACTED]  
>> [REDACTED] -- Manhattan  
>> [REDACTED] -- Park Slope, Brooklyn  
>>

>> Executive Director, Ancram Opera House  
>> -- room to move for body and mind --  
>> [REDACTED]  
>>

>>  
>>> -----Original Message-----  
>>> From: Karyna Shuliak <[REDACTED]>  
>>> To: [REDACTED]  
>>> Subject: Alexander technique lesson  
>>> Sent: 10 Dec '13 19:13  
>>>

>>> Hello Joan,  
>>> My name is Karyna,  
>>> I am looking for a teacher to organize a private Alexander technique class  
>>> for 1 to 3 people depending on your availability.  
>>> Please let me know how we could arrange that.  
>>> My cell [REDACTED] or email [LINK: mailto:[REDACTED]]  
>>> [REDACTED]  
>>>

>>> Thank you,  
>>> Karyna.  
>