

From: [REDACTED] >
To: Karyna Shuliak <[REDACTED]>
Subject: Re: Alexander technique lesson
Date: Wed, 11 Dec 2013 02:46:25 +0000

Yes 3:30 it's good for me ..
So it's better if I will send her email ? Just let her know .. I'm from you ?!)

Sent from my iPhone

On Dec 10, 2013, at 9:43 PM, Karyna Shuliak <[REDACTED]> wrote:

For Thursday

Sent from my iPhone

Begin forwarded message:

From: [REDACTED]
Date: December 10, 2013 at 8:17:27 PM EST
To: Karyna Shuliak <[REDACTED]>
Subject: Re: Alexander technique lesson
Reply-To: [REDACTED]

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

j

Joan Arnold
Certified Teacher -- Yoga & the Alexander Technique
[REDACTED] -- www.joanarnold.com
[REDACTED]
412 11th St -- Brooklyn

Executive Director, Ancram Opera House
-- room to move for body and mind --
www.ancramoperahouse.com

-----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

Joan Arnold

Certified Teacher -- Yoga & the Alexander Technique

[REDACTED] -- www.joanarnold.com

[REDACTED]
[REDACTED]
[REDACTED]

Executive Director, Ancram Opera House

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www.ancramoperahouse.com

-----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:\[REDACTED\]](mailto:[REDACTED])]

[REDACTED]

Thank you,

Karyna.