

From Respiration To Inspiration



ALEXANDER TECHNIQUE AND CREATIVE WRITING



Las Alpujarras, Spain 12th-17th May 2025



Group sessions of Alexander Technique, Creative Writing, Art of Breathing and Tai Chi Qigong Shibashi

We invite you to stop and disconnect from the noise of the habitual world. Tune in to yourself and nature by joining us in a place of beauty and stillness in the heart of Alpujarras.

Here we will enjoy tasty and nourishing meals, quiet walks, time to relax, the falling away of tensions, and the encounter with oneself amongst harmony and presence.

When we truly breathe, inspiration comes by itself.

“ W H O A R E W E ? ”

JOSHUA B. HAMILTON

College professor at Southwestern College, Kansas, he has taught creative writing workshops for Texas University, Corpus Christi Writers Studio and Southwestern College. He has a doctorate in Spanish and a Masters in poetry, his books are Excavator (2024) and Lightspeed (2026).

jbhamio1@gmail.com



NURIA VERA

Integrative Physiotherapist, Teacher of Alexander Technique since 2002 (ATCA, Amsterdam with Paul Versteeg and Tessa Marwick)

Teacher of Jessica Wolf's Art of Breathing since 2018.

Instructor of Tai Chi Qigong Shibashi with Master Wing Cheung.

nuveloren@gmail.com



COLIN BEATTIE

Teacher of Alexander Technique since 2001 (trained by Walter and Dilys Carrington)
Teacher of Jessica Wolf's Art of Breathing since 2017.

Instructor of Tai Chi Qigong Shibashi with Master Wing Cheung.

colin@helpyourself.me.uk



CONTACT/MORE INFORMATION

[For Enquiries Click Here](#)

www.totalbreathing.com

