



Safe Space Together: Alexander Technique Teacher Training for the 21st Century

Safe Space Together is a 3-year AmSAT-approved teacher training program led by Sandra Bain Cushman with the assistance of local and visiting faculty.

The course is located in Sandra's mountainside studio just north of downtown Charlottesville, Virginia. The studio is a hybrid indoor/outdoor space with a powerful wood stove providing adequate heat even with windows open, so Covid protocols can easily be accommodated if necessary.

The tuition and fee structure of SST is based on the Affordable for Good model of Habitat for Humanity. Three tuition-free trainings are available to BIPOC. These trainees will be responsible for \$85 per month (9 months) in fees to help cover operating expenses, such as fire wood. Two additional trainees will be responsible for course tuition of \$5,400 per year (\$450 per month for 12 months or \$1,800 per term payable at the beginning of the term) and three private lessons per term at local teachers' trainee rates.

For more information please contact Sandra at: sbc2013@earthlink.net or 434-978-7767. See [About Sandra](#) for more information on Sandra's scope of practice and professional experience.