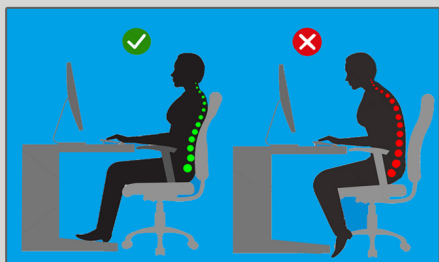


THE ALEXANDER TECHNIQUE

COURSES & PRIVATE LESSONS



Rediscover your natural balance, poise & coordination



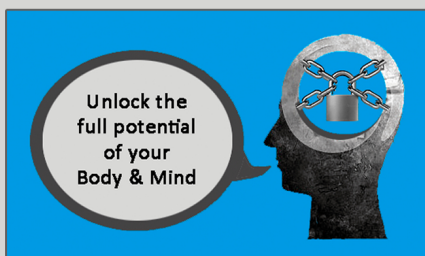
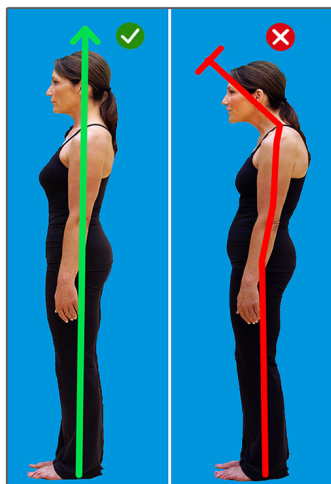
Regain control of your body and:

- Sit, stand and walk with ease
- Feel stronger & years younger
- Promote better long term health
- Facilitating recovery from injuries
- Improve performance skills

With the help & guidance of an Alexander Teacher you will learn how to avoid the harmful habits that can contribute towards:

- Back & neck pain
- Muscle tension and stiffness
- Repetitive strain injuries
- Breathing & vocal problems

It is a skill for self-development and improvement.



The most recent & comprehensive study published by The British Medical Journal showed the Alexander Technique can reduce back pain by a staggering 85%, offering significant long-term benefit, whatever your age.

For further information about Courses or 1-to-1 Lessons please contact:
Angelique Swallow - info@alexandertechnique-teacher.co.uk - Tel: 07932 653196
www.alexandertechnique-teacher.co.uk