

# Introductory Alexander technique workshop



Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-533702-z>



Come along and discover what the Alexander Technique can do for you: move better and more easily, be more flexible, sit more comfortably, project your voice more easily, etc. Friendly atmosphere in a group of 7 to 8 people.

Where: Belmont House Osteopaths, Patchway.

When: 9th September 2017

Time: 10am till noon

Price: £10 in advance or £13 on the door

Contact Sylvie 075 75 86 23 86 or click to contact  
 Here are some comments about previous workshops:  
 'eye-opening'

'I could actually see and feel the practical difference, suddenly it made sense, and I wanted to know more'

'we learned such a lot AND it was fun'



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