

# 5 week movement course starting March 3rd 2018



Location

**South West, Avon**<https://www.freeadsz.co.uk/x-567634-z>

Think smart - Be an improver in every day life!

Come along to put into practice FM Alexander's ideas and improve the way you move in your everyday actives. It can be as simple as walking, getting out of a chair, more complex like doing sports, playing a musical instrument.

Movement matters and thinking about how we move can have a very positive impact about how we live our daily lives; it could mean being less in pain, it could mean staying independent longer, it could mean improving performances, it could mean feeling better; it would certainly mean looking after our wellness and well-being.

Price varies between £67.5 and £80 for the 5 week-course, depending on the number of students attending. Classes take place in North Bristol, Stoke-Gifford.

For more information: click to contact, 075 75 86 23 86 or [www.holibrium.com](http://www.holibrium.com).



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