

## REGULAR EVENTS

# Alexander Technique Group Course

*Ease back pain, stiffness, aches and pains  
Move and breathe more easily and enjoyably*

12 week autumn course starting  
**Monday 3 September 2018**

1.45-2.45 or 3.15-4.15

Bring a mat or blanket to lie on and wear comfortable clothes

***Booking essential as places are limited***

Contact Jenny Fox Eades

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**£36 for 6 week half term**

