

Alexander Technique group course in Marsden



Learn to move with more freedom



Learn to:

- observe unhelpful postural habits
- use simple techniques to help you move with less effort
- perform simple activities with more freedom, awareness and enjoyment.



Mondays 7.30 – 9.00 pm
9th October for 6 weeks

Cost £100 includes 6 group classes in Marsden plus a full individual lesson with an experienced STAT-registered teacher

Not sure?
Free taster sessions on
16-17th September

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