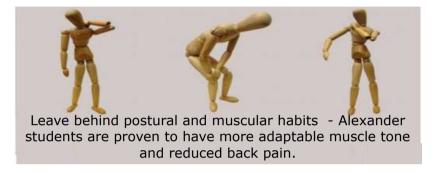
# Alexander Technique group course in Marsden



### 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 9<sup>th</sup> 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 16-17<sup>th</sup> September

<u>Andy Moorhouse MSTAT</u> 07977 598064 <u>a.t.moorse@gmail.com</u> <u>https://alexandertechnique.co.uk/users/a-moorhouse</u>