

Alexander Technique group course in Walsden



Learn to move with more freedom



Leave behind postural and muscular habits - Alexander students are proven to have more adaptable muscle tone and reduced back pain.

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.



Thursdays 2 – 3.30 pm
12th October for 6 weeks

Cost £90 includes 6 group classes in Walsden plus a full individual lesson with an experienced STAT-registered teacher

Not sure?
Free taster sessions on
21st & 28th September
2 – 3.30 pm

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