

# The Alexander Technique

## An Introductory Workshop



Saturday 7<sup>th</sup> August 2010, 10.00 - 3.30pm

Remedy Centre for Health, 166 Tulketh Road, Ashton, Preston  
Tel: 01772 761166    [www.remedycentre.co.uk](http://www.remedycentre.co.uk)

£35 - includes entitlement to an individual consultation for £35  
(normally £45)

### About the Alexander Technique

One of the main principles of the Alexander Technique is that your spine is the essential support structure. All our functioning depends on this structure performing its role in a flexible, natural way. In the Alexander Technique we learn how to release the muscles of the spine and go about our tasks in ways which promote health in our daily lives.

Booking is essential as numbers are limited to six (6) to provide more individual contact and supervision. Please complete the form or telephone the number below.

Further information: Please call Richard Marsden on 015242 73291

Email: [richard.marsden@integratinghealth.com](mailto:richard.marsden@integratinghealth.com)    [www.integratinghealth.com](http://www.integratinghealth.com)

Please wear loose comfortable clothing and bring a mat/blanket to lie on with some paper back books to be used as head-rests. Also bring a packed lunch.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel \_\_\_\_\_ e-mail \_\_\_\_\_

I wish to attend the Alexander Technique Workshop on 7<sup>th</sup> August 2010 and enclose £10 deposit (Cheques made payable to Integrating Health) to secure my place. The remainder of payment is payable at the workshop.

Please send this form with your cheque to: Richard Marsden, Remedy Centre for Health, 166 Tulketh Road, Ashton, Preston, PR2 1ER.