

Movement workshop THINK SMART - SMART MOVE



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-567541-z>

Come along and discover what the Alexander Technique can do for you: move better and more easily, be more flexible, sit more comfortably, project your voice more easily, etc.
 Receive hands-on experience tailored to you.
 Friendly atmosphere in a group of 7 to 8 people.



Where: Belmont House, Patchway, BS345BQ.

When: 24th February 2018



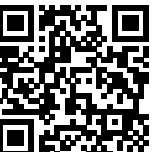
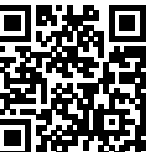






Time: 10am till noon

Price: £10 in advance.

Contact Sylvie 075 75 86 23 86 or click to contact
 Here are some comments about previous workshops:

'eye-opening'
 'I could actually see and feel the practical difference, suddenly it made sense, and I wanted to know more'

'we learned such a lot AND it was fun'

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