

WHAT IS ALEXANDER TECHNIQUE?

With Penelope Easten

In Tuamgraney, East Clare.

Public talk /workshop: Friday February 9th, 7.30pm – 9pm.

Most people are unaware of how they balance, stand, sit and move, resulting in poor posture, stiff movement and often pain.

With Alexander Technique we bring these crucial senses to consciousness and work with them, in daily life,

to come back into balance, with better posture and easy, pain-free movement.

Puts you back in charge of your life!



(This experiential talk replaces the one previously advertised on the senses, but will contain much of the same material. Please ring to discuss this if you wish. The workshop has been postponed.)

Penelope Easten has been teaching Alexander technique since 1989, and in Clare since 2005. She gives workshops internationally.

Talk: Fri February 9th, 7.30pm.

Donation – suggested €10.

At: The Christian Community house, Tuamgraney, Co. Clare.

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www.alexandertechniqueinfo.org