

GET FIT WITH ALEXANDER TECHNIQUE



**12 Week
Course with
Penelope Easten,
For Every Fitness
Level - From
Couch to Pro
Athlete!**

- * Move With Pain-free Balance, Coordination and Ease
- * Keep Your Body Relaxed, Even With Strenuous Exercise
- * Work on True Core Fitness in Any Activity - Yoga, Pilates, Strength-training, Even Sitting at Your Computer!

Tuesday Mornings 9.30 - 11am,
Feb 20th - 27th March, 10th April - 15th May.
At Caher House, Ogonnelloe, near Scariff, East Clare

**Only €180
For All 12
Weeks**

**To Book Text Caroline on 087 628 7006
More Info: www.alexandertechniqueinfo.org**