

GET FIT WITH ALEXANDER TECHNIQUE



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

** FIND YOUR **NATURAL, UPRIGHT POSTURE**

** MOVE WITH **PAIN-FREE** BALANCE, COORDINATION AND EASE

** KEEP YOUR BODY RELAXED, EVEN WITH **STRENUOUS EXERCISE**,
HELPING AVOID COMMON INJURIES & **REDUCE CHRONIC PAIN**

** WORK ON TRUE CORE FITNESS IN **ANY ACTIVITY** - YOGA, PILATES,
STRENGTH TRAINING, EVEN SITTING AT YOUR COMPUTER!

WHAT YOU LEARN CAN BE USED IN ALL OTHER FITNESS METHODS

Tuesday Mornings 11.30am-1pm,

Only €150

7th Nov - 5th Dec, 2017 & 9th Jan - 6th Feb 2018.

For All 10

At Caher House, Ogonnelloe, near Scariff, East Clare

Weeks

TO BOOK TEXT CAROLINE ON 087 628 7006
MORE INFO: WWW.ALEXANDERTECHNIQUEINFO.ORG