

# Alexander Technique



Help yourself deal with stiffness,  
aches and pains

Move more easily and effortlessly  
into the spring and summer

a 10 week basic course  
starting on 20th January 2009

Tuesdays 10.30 - 12.30

*all welcome*

bring a mat or blanket to lie on and  
wear comfortable clothes

for further information contact Sue Fleming tel. 861 8848  
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classes at Union Chapel

Wellington Road  
off Wilbraham Road  
Fallowfield

M14 6EQ

tel. 225 4226

[www.unionchapelmanchester.co.uk](http://www.unionchapelmanchester.co.uk)

full fee of £42.00

retired over 60s £34.00

receiving benefits & full-time students £20.00

