



Alexander Technique

Mondays at the *Bodywise Natural Health Centre*
(2nd floor, **Manchester Buddhist Centre** 16-20 Turner Street M4 1DZ)

Call Andrea to book on **07763 103311**



Long working hours in front of a computer or camera cause chronic pain.

I can help you prevent strain on your body and teach you to use equipment correctly.



There is evidence to suggest the Alexander Technique can benefit you by:

- Reducing long-term back pain by an average of 86% *
(*source British Medical Journal)
- Reducing long-term neck pain by an average of 31% *
(*source Annals of Internal Medicine)
- Increasing breathing capacity and energy
- Managing stress and general unease
- Providing a method for self-efficacy and self-care for long term conditions



Call for a chat to find out more

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The Alexander Technique is taught in comfortable clothing, 1-1 and a lesson lasts for 45 minutes.

Group workshops also available
Suitable for all ages and abilities

