



Development
Alternatives Partner -
Elizabeth McManus

Alexander Technique

By Elizabeth McManus

Elizabeth tried something new recently - Alexander Technique lessons. Alexander Technique's a method of increasing physical / mental awareness and ease.....with surprisingly beneficial effects for general wellbeing too!

Top gains from Alexander lessons

- Less effort to achieve same results
- More relaxation
- More comfortable body
- More flexible responses
- More measured pace
- Fascinating new knowledge

Elizabeth's Alexander Teacher - Charles Tully

Charles Tully's approach to Alexander lessons is great. He explains Alexander principles and physical processes clearly and enthusiastically. His gentle, good humoured style makes the lessons relaxed and fun and make learning easy. Would definitely recommend you give it a try to find out more about how Alexander Technique can help you get more done with less physical and mental effort!

www.charlestully.co.uk

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