

In one simple, free session
you will learn how you can
regain control over the harmful
tensions in your body.

*The results can be
truly spectacular*

“Life skills you
can live with!”

Steve Hayden - Cambridge

“My therapist said
my back was better
than it had been
for years”

Patricia Sheldrick - Soham

**A SIMPLE,
PROVEN TECHNIQUE
THAT LETS YOU REALISE
YOU ARE IN CONTROL**

**THE SECRET TO
IMPROVED
PERFORMANCE**

To book a **free** Introductory Lesson
or request a fact sheet contact:

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Could the
**Alexander
Technique**

work for you?



If you are...

- Suffering muscular aches and pains
- Under performing at your chosen sport or pastime
- Feeling anxious
- Suffering sore neck, back or limbs
- Getting tired easily
- Suffering muscle tension
- Feeling irritable
- Having trouble concentrating

You are entitled to a
free trial session...

How are you feeling, right now?

Are you tense or relaxed? What about that niggling ache in your shoulder? It's been there for years and you just know it's because you sit hunched over your PC all day at work. What can you do about it? Maybe you get the occasional twinge in your back, but blame it on bad posture? And if you walk too much, you get a sore knee, but that's only to be expected when you get a bit older, isn't it?



Your body is an incredibly well designed piece of equipment...

It's made to move in a particular way, but sadly our bodies don't come with an instruction manual, and when we start using them, we sometimes fall into habits that don't make the most of the sophisticated piece of engineering that they are.



We walk and stand in a certain way because it's how we've always done it – we 'sit up straight' because it's what we've always been told to do. We over compensate in just about every way, and the effort we put into doing things 'properly' actually causes us pain.

It follows that if you're using something badly, it works against you. If you're driving a car, but you're not using the clutch to change gear, how hard are you going to make your journey?



How can the Alexander Technique help?

It can help you in any way that you need it to. If you want to swap feeling lethargic and achy for feeling full of vitality, the Alexander Technique will give you all the tools that you need. It's a mental discipline that connects the way you think to the way you move, and stops you before you move in a way that you're not designed to. It can help with:



- Stiff, painful joints
- Headaches and migraines
- Muscular problems
- Asthma
- Feeling stressed
- Recovering from illness or operation
- Improving your sport performance

Well, no, actually.

The aches and pains that you're feeling aren't your fault. They aren't the fault of the rickety computer chair or the passing of time. The simple fact is that although you don't know it, it's the way you're moving and doing things that's causing the problems. The good news is that you are in charge, and with a bit of guidance, you can be trained out of doing the very things that are hurting you.



Does it work for everyone?

It can do. But that's why I offer everybody one free introductory lesson. If you're ready to work with me, learn how to use your body properly, and take responsibility for your own wellbeing, there's every chance that the Alexander Technique will be exactly what you're looking for.