

# Alexander Technique Lesson

## Discount Voucher

The Alexander Technique helps you when...

- you suffer from back pain
- you exercise or enjoy sports
- you are a performer or speaker
  - you are stressed
  - you are pregnant or a new mom (or dad)

... or when you want to change habits that stop you enjoying a happy, healthy life. The Technique teaches you to use your body more efficiently and effectively.

Take up this special offer for an introductory Alexander Technique lesson to experience the difference for yourself. Offer applies for one lesson with participating teachers.

To find your local teacher  
call AmSAT on (800) 463-0620  
or search on [www.amsat.ws](http://www.amsat.ws)

Your local teacher: