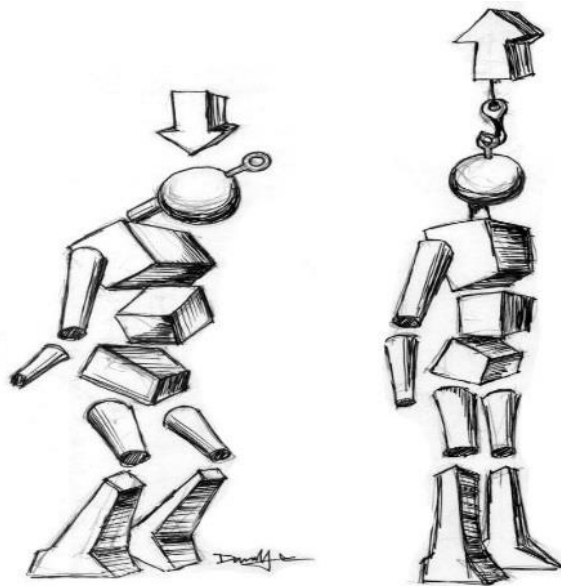


Alexander Technique Workshop on Zoom With Deborah Levy

Alexander Technique will help you to identify and prevent the harmful postural habits that aggravate or may be the cause of stress, pain and underperformance.

With gentle guidance you will learn how to release tension and rediscover balance of mind and body.



Wednesdays:

5th, 19th August and

2nd, 23rd September 2020

12 mid-day to 1.00pm

For more information or to register please contact the support team on 020 7924 3924 or by email at

support@pauls.org.uk