

Support your team's
wellbeing with:

Workplace Posture CHECKS

Bristol-based

Recent clients



LLOYDS BANK

TRINITY
MUSIC LABAN
DANCE

"Everything is amazing, from
the Technique to the
teacher"

Participant, 2019

Henry George

BA, MSc., MSTAT

Founder of the Bristol Alexander Studio

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Participants will:-

- ✓ discover strategies to avoid back and neck pain
- ✓ feel lighter, taller and freer in how they move
- ✓ have the opportunity to book a discounted follow-up session

Sessions include hands-on guidance from an experienced Alexander Technique practitioner

About the approach

Clinical evidence shows that the Alexander Technique has long-term benefits for people with chronic back and neck pain. The method reduces muscle tension, improves coordination and performance, and restores emotional balance.

REGISTERED MEMBER



The Society of Teachers of the
Alexander
Technique