

**The Alexander Technique**  
**Saturday February 27, 2010**  
**9:30 am – 3 pm**  
**Fee: \$135**

The Alexander Technique is a simple yet profound technique for you to become more aware of the balance, posture and coordination of your body and a must for massage therapists and bodyworkers!

Find out how to stop wasting energy forever. Learn ways to move more freely and efficiently with less effort and less wear and tear on your body. You will discover how to release unwanted tension and how to move with more freedom and grace. Daily activities will become easier and you will have more energy and well being than before!

**Please bring a set of clean sheets and wear comfortable clothing!**

There will be a half hour lunch break.

Advance registration is necessary; early registration is advised. Class size is limited!

**Register with Gloucester County School of Massage ~ 856.582.3500**  
**207 Hollydell Drive, Sewell, NJ 08080 ~ <http://www.gloucestermassage.com>**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ (H) \_\_\_\_\_ (W)

E-mail \_\_\_\_\_

**Payment:**

Cash \_\_\_ Check \_\_\_ Visa/MC \_\_\_

Please make checks payable to: **A.S.I.T.M.**

Name on Card \_\_\_\_\_

CC# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Vcode \_\_\_\_\_

**This class is non-refundable!**