

AN AMAZING DIFFERENCE

By Mary

I wish I had heard about you a few years ago, having suffered with Sciatica on and off for quite a long time, I was existing on painkillers just to keep me going, not nice. On a visit to my GP she suggested that I give you a call, not having a clue what the ALEXANDER TECHNIQUE was all about, I came along and was I glad, I have now had 5 lessons and the difference in the 'whole me' is amazing, these are early days I know, but the fact that I feel so much better in myself and am able to tackle so much more is proof that we are getting somewhere, don't you think.

My painkiller intake has gone from 6 a day to ZERO, which I think is fantastic, and to think that there is no physio or exercises to be done, the guidance and PAUSE in movement have changed my way of going about doing things, speaks for it's self.

Many Thanks,
From Mary