

Thanks

By Liz

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Dear Tasha,

So the last lesson has arrived! I'd just like to thank you for all the work you have done for me over the last two – three years. Sceptical to begin with I have to admit, I now have a much better understanding of Alexander and all it can offer – much more than physical relief – a release from past horrors locked in the body. And of course “the body never lies”. I'll be hearing this and many other phrases of yours Tasha echoing in my mind for a long time to come.

I still feel just a beginner as far as Alexander is concerned but plan to continue applying my directions and reading more. Alexander should be a way of life after all. I'd love to visit you in Canada one day – I have every confidence you'll have a thriving practice before too long

Thank you again Tasha, and David too. I will miss our sessions.

Very best wishes for the future,

Liz