

New Mum **NEW TERM** Shoulders, Neck, Back pain?



Picture by Freepik

Alexander Technique for Mums and Babies (0~9 months)

- * Exploring pain free ways of carrying, lifting, feeding your baby etc through more awareness of body tension.
- * Improving posture and reducing strain.

THE BOILER HOUSE, George Downing Estate, Cazonave Rd N16.

Classes are running every Friday 10am till 11am from 1st March till 29th March. £7.00 a session.

Please come along on the day or contact Daniela Sangiorgio MSTAT for more information.

Mob:07800 809540 email: embodimentforlife@yahoo.com