

Gail Barlow AIL DipM MSTAT

Teacher of Alexander Technique

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www.dolphinalexander.com



**WE ARE
MACMILLAN.
CANCER SUPPORT**

**Alexander Technique
Taster Sessions
in aid of Macmillan Nurses**

**Wednesday 10th September
at The Wellness Clinic, NORTHALLERTON**

**Saturday 20th September
at St Mary's Church Hall, BARNARD CASTLE**

**Saturday 27th September
at The Station, RICHMOND**

**Suggested minimum donation of £12 per session
Proceeds to Macmillan Cancer Support
(50% of donations at the Station will go to support The Station)**

Please book your appointment for all venues by contacting Gail on 01748 823323.

Alexander Technique is recognised as an effective way of addressing issues relating to backs, necks and joints. Gail Barlow will be offering half-hour individual Alexander Technique taster appointments in Northallerton, Barnard Castle and Richmond to raise funds for Macmillan Nurses.

What is the Alexander Technique? How can it help transform my life? What do Gail's students say about the benefits they have received from her therapeutic teaching style? What does independent research say about the effectiveness of the Alexander Technique?

**Visit www.dolphinalexander.com to learn more
or phone Gail on 01748 823323 for information or to book**



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Gail Barlow is the Director of Dolphin Alexander Courses, which she set up in 1990 after completing the three-year full-time Alexander Technique Teacher Training Course. Gail is an experienced teacher who has worked with over 2,000 people in the UK, France and Greece. She is a Member of the Society of Teachers of the Alexander Technique (STAT), the oldest and largest professional body of Alexander Technique teachers in the world (www.stat.org.uk).

