

THE LETCHWORTH CENTRE FOR HEALTHY LIVING



Enhance the Benefits of your Movement Class & Home Practice

with Judy Hammond,
Professional dancer and teacher of the
Alexander Technique



Sunday 21 October 10.00-16.30

Reduce the risk of strain and injury with this one day workshop – looking at fundamental concepts and practices of optimal alignment and movement patterns. The fee includes lunch and refreshments by *Nourish*.

Cost: £65 Code: WEB1 .

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth,
Hertfordshire SG6 3NA

Charity Registration No. 295219
Established 1984

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Opening hours Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30

