



## Order form

Please note: Euro cheques from outside Ireland incur extra bank charges and can cause delays- please use Euro drafts (ask your bank for details). British Pound & US Dollar cheques and drafts also acceptable.

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*Do you want books signed? Please give us your instructions:*

**All prices include postage and packing. € = Euros, £ = Sterling, \$ = US Dollars**

**All book orders include a free Alexander Technique CD**

ITEM	For Delivery to:	PRICE			QUANTITY	SIGNED?	TOTAL
	Ireland	UK	Rest of World				
Change Your Posture, Change Your Life <i>Publication date: January 2012</i>	€20	£17	\$30				
The Alexander Technique Workbook <i>New January 2011 Edition</i>	€20	£17	\$30				
The Alexander Technique Manual	€23	£21	\$42				
Mind and Body Stress Relief	€18	£15	\$30				
The Alexander Technique – A Practical Introduction	€18	£15	\$30		<b>Temporarily out of stock</b>		
The Alexander Technique – Natural Poise for Health	€15	£14	\$28		<b>Temporarily out of stock</b>		
Stress – The Alternative Solution	€18	£15	\$30		<b>Temporarily out of stock</b>		
The Alexander Technique Self-Help CD	€17	£13	\$25				
The Alexander Technique Self-Help Audio Cassette	€10	£8	\$16				
		<b>Special Offer</b>					
Wedge-shaped Posture Cushion	Adult Size	€48	£47	\$85			
	Child Size	€42	£41	\$75			
2 Wedge-shaped Posture Cushions <b>(Reduced prices)</b>	2 x Adult Size	€87	£79	\$132			
	1 Adult + 1 Child	€81	£74	\$123			
Gift Vouchers	<i>Please write amount required:</i>	€__	£__	\$__			

TOTAL AMOUNT DUE

Please make cheques payable to Richard Brennan.

**Post the completed form with your payment to: Richard Brennan, Alexander Technique Centre, Kirkullen Lodge, Tooreeny, Moycullen, Galway, Republic of Ireland.**

Enquiries to: Email: [info@alexander.ie](mailto:info@alexander.ie) Tel: +353 91 555800 Web: [www.alexander.ie](http://www.alexander.ie)