



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

ITEM	For Delivery to:	PRICE			QUANTITY	TOTAL
		Ireland	UK	Rest of the World		
The Alexander Technique Manual		€23	£21	\$42		
The Alexander Technique – A Practical Introduction		€18	£15	\$30		Temporarily out of stock
The Alexander Technique Workbook		€18	£15	\$30		Temporarily out of stock
The Alexander Technique – Natural Poise for Health		€15	£14	\$28		Temporarily out of stock
Mind and Body Stress Relief		€18	£15	\$30		
Stress – The Alternative Solution		€18	£15	\$30		Temporarily out of stock
The Alexander Technique Self-Help CD		€17	£13	\$25		
The Alexander Technique Self-Help Audio Cassette		€10	£8	\$16		Special Offer
Wedge-shaped Posture Cushion	Adult Size	€48	£47	\$85		
	Child Size	€42	£41	\$75		
Gift Vouchers	Please write amount required:	€__	£__	\$__		

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 Tel: +353 91 555800 Web: www.alexander.ie