

Book Launch



**Friday 3rd
February 2012
6pm**

**Charlie Byrne's
Bookshop**

**Cornstore Mall, Middle
Street, Galway**

Guest speaker:

Kieran Tobin

*M.B, B. Ch, BAO, FRCS (Eng),
FRCS (Irl), D.L.O.*

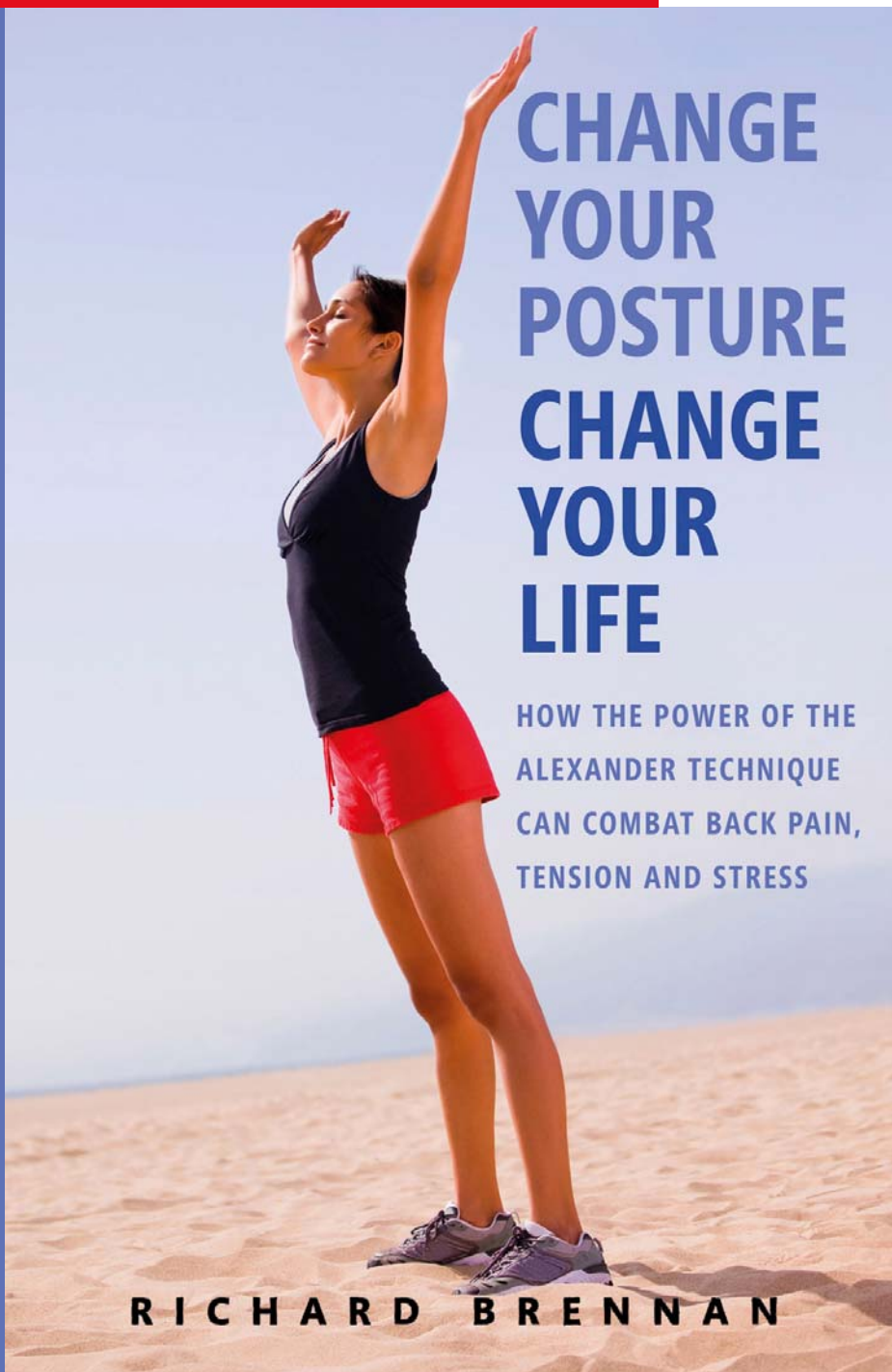
*Past President of the Irish
Otolaryngological, Head and
Neck Society and the E.N.T.
Section of the Royal Society
of Medicine of Ireland.*

Introduced by:

Niall Kelly

*President of the Irish Society
of Alexander Technique
Teachers*

**All welcome
Refreshments**



**CHANGE
YOUR
POSTURE
CHANGE
YOUR
LIFE**

**HOW THE POWER OF THE
ALEXANDER TECHNIQUE
CAN COMBAT BACK PAIN,
TENSION AND STRESS**

R I C H A R D B R E N N A N

'A beautifully lucid explanation of one of the most important approaches of our age to self-healing and optimum functioning.'

- Ingrid Bacci, PhD, author of *The Art of Effortless Living*

www.alexander.ie

poster by webgenie.ie