



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.

Name _____ Date _____

Address _____

Post/Zip Code _____ Country _____

Tel/Mobile _____ Email _____

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

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

ITEM	For Delivery to:	PRICE			QUANTITY	SIGNED?	TOTAL
		Ireland	UK	Rest of World			
Back In Balance		€20	£17	\$30			
Back In Balance <i>Plus half price Alexander Technique CD</i>		€28.50	£22	\$38			
Change Your Posture, Change Your Life		€20	£17	\$30			
Change Your Posture, Change Your Life <i>Plus half price Alexander Technique CD</i>		€28.50	£22	\$38			
The Alexander Technique Workbook		€20	£17	\$30			
The Alexander Technique Manual		€23	£21	\$42			
Mind and Body Stress Relief		€20	£17	\$30			
The Alexander Technique – Natural Poise for Health		€18	£15	\$27			
How To Breathe CD		€17	£13	\$25			
The Alexander Technique Self-Help CD		€17	£13	\$25			
The Alexander Technique Self-Help Audio Cassette		€10	£8	\$16			
		<i>Special Offer</i>					
Wedge-shaped Posture Cushion	Adult Size	€48	£47	\$85			
	Child Size	€42	£41	\$75			
2 Wedge-shaped Posture Cushions	2 x Adult Size	€87	£79	\$132			
<i>(Reduced prices)</i>	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 Tel: +353 91 555800 Web: www.alexander.ie