



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	PRICE			QUANTITY SIGNED?	TOTAL
	For Delivery to:				
	Ireland	UK / Europe	Rest of World		
Back In Balance	€20	€22	€25		
Back In Balance <i>Plus half price Alexander Technique CD</i>	€28	€32	€37		
Change Your Posture, Change Your Life	€20	€22	€25		
Change Your Posture, Change Your Life <i>Plus half price Alexander Technique CD</i>	€28.50	€32	€37		
The Alexander Technique Workbook	€20	€22	€25		
The Alexander Technique Manual	€23	£21	\$42		
Mind and Body Stress Relief	€20	£22	\$25		
The Alexander Technique – Natural Poise for Health	€18	€20	\$24		
How To Breathe CD	€17	€20	€25		
The Alexander Technique Self-Help CD	€17	€20	€20		
The Alexander Technique Self-Help Audio Cassette	€10	€12	\$14		
<i>Special Offer</i>					
Wedge-shaped Posture Cushion	Adult Size	€50	€55	€60	
	Child Size	€45	€50	€55	
2 Wedge-shaped Posture Cushions <i>(Reduced prices)</i>	2 x Adult Size	€90	€99	€110	
	1 Adult + 1 Child	€89	€99	€109	

Gift Vouchers	Please write amount required:	€ _____	£ _____	\$ _____
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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