

Book Launch



**Friday 27th April
2012, 7.30pm**

at

HITE

10 Harley Street, London
W1G 9PF

Introduced by:

Kamal Thapen

*Past Chair of the Society of Teachers
of the Alexander Technique,
STAT UK*

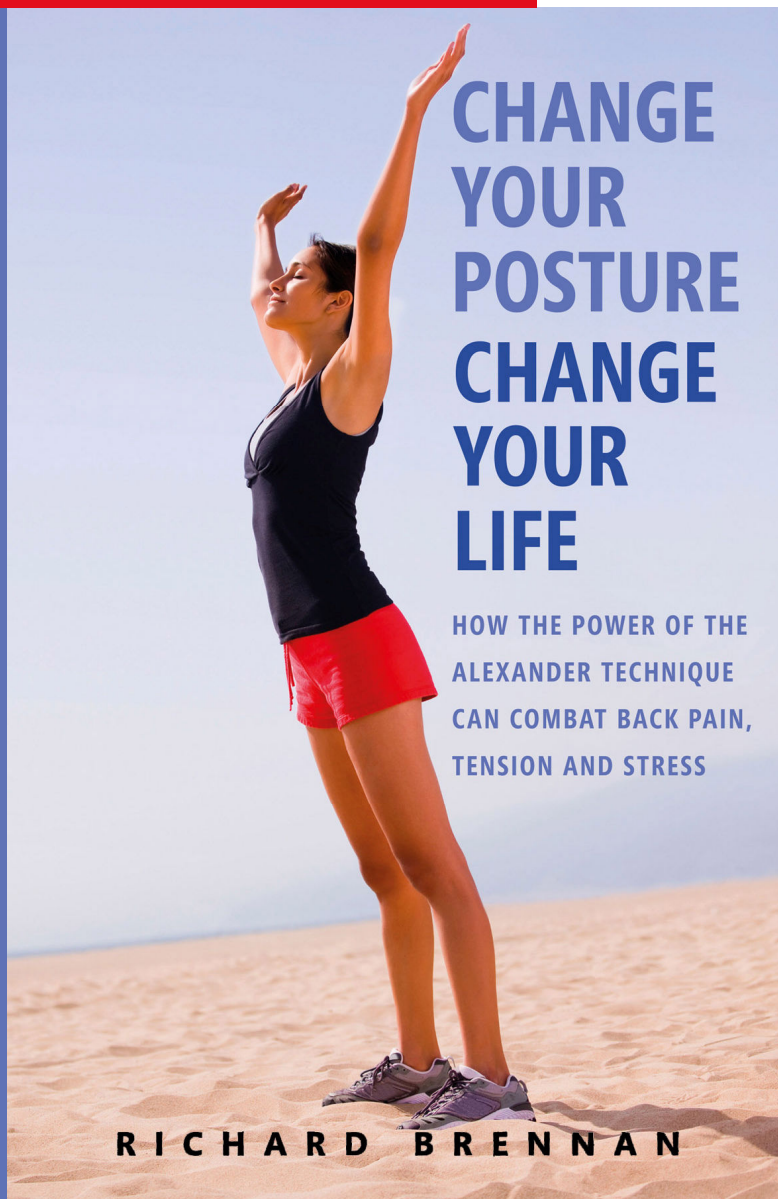
Guest speaker:

Tim Brennan

MEng. MA (RCA), DIC

Creator of the Vivo Barefoot Shoe

**By invitation —
email info@hiteltd.co.uk
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*

‘Richard Brennan has written a lucid, well illustrated & intelligent book on the Alexander Technique. A valuable contribution for those who desire a life of greater ease & less discomfort.’
- *Jack Stern MD PhD, Spinal Neurosurgeon, Dept of Neurosurgery, Yale School of Medicine*

‘Richard Brennan takes the reader through a step-by-step process of the Alexander Technique as a means of discovering both the cause of faulty posture and a route relief of pain and dysfunction.’
- *Dr Glenna Batson, PT, ScD (neurology)*