



BRUCE FERTMAN

in the UK 2025

Bring More Stability, Mobility, and Balance to Your Life

*A Lively, Contemporary Introduction to the
Alexander Technique*

Friday 28 November
10.00 - 17.00

Union Chapel, Wellington Road, Fallowfield

To live well, we need both stability and mobility –in body and mind. Bruce shares simple, powerful practices that build strength and suppleness, bringing balance, ease, and quiet confidence. With over half a century of teaching people how to move well, his teaching is deep, refined and transformative. This will be a great opportunity to learn from a highly experienced and inspiring teacher.

Fee for the full day £150 (concessions available please enquire)

More information and to register please email info@ruthdavis.com