



BRUCE FERTMAN in the UK 2025

Walking Well Through Our Days

for Alexander trainees and teachers

*Learning How to Walk Comfortably, Freely,
Naturally, Powerfully*

Saturday 29 November
10.00 - 17.00

**Union Chapel, Wellington Road, Fallowfield,
Manchester M14 6EQ**

Of all Alexander's procedures, walking may be the least understood. Bruce's refreshing approach is simple and immediately effective. Learn to walk from the ground up — not just from the brain down. Discover how walking can feel effortless, enjoyable and lively. Experience what it's like to generate energy the moment you expend it. Enhance your repertoire by learning how to teach others to walk well.

👉 *loving the work, living the work, teaching the work*

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

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