

## ALEXANDER TECHNIQUE COURSES- POSTAL BOOKINGS & CHEQUE PAYMENTS

To return your booking form through the post and make your payment by cheque, please print and complete the form below and return it with your payment. Once payment is received, I can confirm your place.

Please make cheques payable to Wendy Broad and write the course name and date on the back of your cheque.

Return address:

Wendy Broad  
15 The West Wing,  
Bostock Hall,  
Middlewich  
Cheshire  
CW10 9JN

Course details can be found on the website. Please check the final date for sending cheques. On-line booking forms may be accessed through the website if you prefer to make your payment by on-line bank transfer.

### **PLEASE NOTE:**

Any information given is strictly confidential and will be kept securely according to data protection legislation and will be destroyed after 5 years.

Alexander Technique courses involve movement, bending and lying down on the floor on a mat or thick blanket. All activities can be adapted if they are not suitable for you. Please only do what is best for you and your body and let the teacher know if you need an alternative version, many thanks.

*Please feel free to contact me if you need more information.*

*Many thanks,*

*Kind regards,*

*Wendy*

## ALEXANDER TECHNIQUE COURSE BOOKING FORM

**COURSE TITLE:**

**DATE:**

**Name:**

**Address and postcode:**

**Mobile phone No:**

**Landline:**

**E-mail:**

**EMERGENCY CONTACT No.**

### Pre-course questionnaire

1) Where did you find out about this course?

2) Please give details of any previous Alexander Technique courses or lessons you have attended:

3) Do you have any physical illness or limitation(s) that may make sitting, lying or movement difficult for you? If yes, please provide details, thanks.

4) Do you have any visual or hearing impairment which could make participating in the workshop difficult for you? If yes, please provide details, thanks.

5) Please indicate briefly what has drawn you to the course:

### **Cancellation Policy**

I understand that if I cancel my place, refunds are not possible, within 6-weeks of the start date. The payment will be refunded if the workshop is cancelled. Please make your payment at the time of making your booking, many thanks.

Participant's Signature:  
(electronic signature is acceptable)

Date:

Teacher's Signature:

Date: