

## Back 2 Life - the balanced approach to back care -

Backache makes life that little bit harder than it needs to be. We understand that, when your back hurts, life doesn't feel good. It may be 'just an ache' or only occasional, but wouldn't you rather be without that pain in your back (or neck)?



At first, we think it'll just go away. Then, with time, we start to make slight restrictions in our activity to avoid the pain. Before long, the freedom to move as we wish can seem like a memory. But it doesn't have to remain so; there is a way out.

Whilst short term relief is wonderful, don't we all want a more long-term solution? If you want to take steps to ensure your back is healthy for the long term, there's never been a better time. This integrated package for back care is just the answer; taking your back health into your own hands so you release long-held tensions and learn how to prevent them arising again - break the cycle of pain.

Back pain can be a vicious circle which gets us down - with our guidance you can step onto the 'virtuous circle' where taking positive action helps with the immediate pain and makes you feel better so you're able to improve further.

Remove the shackles of back pain - for good.

### **The Back 2 Life programme**

The basic programme is a 6-week course. After week 1 you decide whether to carry on with the package or not. After a total of 6 weeks, we do a review and it is possible to "bolt on" additional packages in 3-week blocks.

This is what the basic programme looks like:

#### Week 1

A 1-hour Alexander Technique session with Bethan Evans (including an initial consultation) and a 1-hour massage & bodywork session with Jenny Dalhuijsen (including initial consultation & posture assessment). The total cost is £60, payable upon booking.

#### Weeks 2 - 6

Each week, a 30-min Alexander Technique session and a 30-min massage & bodywork session. During the programme you will become more aware of how you use your body, and how you might want to make some small changes to use your body more efficiently and "offload" your back. You will also learn some useful stretches and core strengthening exercises, and receive massage to support your body's healing. Weeks 2 - 6 cost £229 in total, which is payable upon booking.

#### Weeks 7 - ?

After the initial 6-week programme, 3-week blocks (again 30 min with each practitioner) can be added, each block costs £138, payable upon booking. You can continue the programme as long as you want.

You will be getting some "homework" to do: the exercises we give you are crucial for obtaining a permanent

solution to your back pain. Of course it is up to you how much time you can commit to, so you are in control of your own progress.

Sessions can take place on the same day or on different days, subject to availability and your preference.

It is possible to expand your programme, e.g. in weeks 2-6 or the additional blocks you might like to have 1 hour massage & bodywork and/or 1 hour of Alexander Technique instead of 30 min. We can talk about and agree on a bespoke package that best suits your needs.

### **Benefits of the Back 2 Life programme**

- It's not just short-term relief or a quick fix, but a long term solution: change your habits and improve your posture for life!
- You're in complete control: not only regarding the package you book, but also regarding your own progress.
- You benefit from the expertise of two practitioners: Bethan and Jenny will discuss and review your situation and progress on an ongoing basis.
- The Back 2 Life package is great value compared to booking sessions individually/separately.



### **Bookings**

Please contact Bethan Evans to book your first week: 0117 9243628 or [Bethan@TechniqueForLife.com](mailto:Bethan@TechniqueForLife.com)

All sessions take place at:

The Berkeley Centre  
3 Berkeley Square  
Clifton  
Bristol  
BS8 1HL  
0117 370 1177

### **Terms & Conditions**

- Cancellation policy: if you need to cancel or change your appointment, please phone Bethan as soon as possible. If less than 24 hours notice is given, the full fee will be charged.
- The 6-week package needs to be completed within 2 calendar months
- As Back 2 Life is an integrated package, Bethan and Jenny need to exchange information. By purchasing the package, you give your consent for us to do so. Your information is otherwise strictly confidential.
- Disclaimer: Bethan and Jenny are not qualified to diagnose, prescribe or treat any physical illness and Back 2 Life is not a substitute for medical examination, diagnosis or treatment. You should always seek the advice of a qualified medical or health provider before proceeding with Back 2 Life.

**Bethan Evans, STAT**  
Alexander Technique Teacher

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