



Alexander Technique

Alexander Technique is a proven approach to self care, a method where people of all ages can learn to improve skill and relieve the pain and stress caused by everyday misuse of the body.

This technique is described as movement education in which the student is taught to sit, stand, and move in ways that reduce physical stress on the body. Based on the understanding that misuse of the neuromuscular activity of the head, neck and spine caused maladaptive functioning, this technique helps improve overall health and can be used to address a wide array of problems.

Reasons for seeking education with the Alexander Technique might fall into the following categories: (1) Health and Well Being (computers, and office work, posture, pregnancy and birth, aging stress and anxiety), (2) Medical Conditions and Pain Relief (back, neck, shoulder and hip problems, muscle and joint pain, repetitive stress injuries, chronic pain management, breathing difficulties, recurring headaches and sciatic pain); (3) Improving performance (singing and voice, dancing, musicians, sports and sports injuries); and (4) Self development (public speaking and confidence, self growth)

Lessons usually last one hour and the client will be fully clothed, working with a chair or on a massage table. Clients are encouraged to wear loose-fitting, comfortable clothing that will allow freedom of movement as you sit, stand, walk and lie down.