WHAT IS THE ALEXANDER TECHNIQUE?

The Alexander Technique is a one on one lesson where the Teacher uses a ‘hands on’ approach to re-educate the whole mind and body of the individual.

The Alexander Technique is crucial for learning how to use yourself in a new and different way. In a lesson the Teacher will use hands to direct the muscles through simple and everyday movements and verbal explanations which come together to realign and rebalance the pupil.

Part of the lesson will include lying down on a table in a semi-supine position and the Teacher will use their hands to lengthen and re-educate the muscles. Lessons usually last between 35-40 mins and are taught in a variety of premises. The Alexander Technique is able to create change towards better posture and alignment and true balance. True balance feels great! Contact Rosalind on 07833512244 Web alexander-technique-centre.jimbdo.com and E: alexander\_centre@hotmail.com