

## Learning's easy when it's one-to-one

You learn the Alexander Technique through one-to-one lessons with a qualified teacher who will address your individual needs.

Learning the Alexander Technique involves changing long-standing habits and relies on your active participation. The Technique involves no specific exercises, requires no special equipment and can be practised wherever you are. It is suitable for people of all ages and levels of physical fitness.

The number of lessons you take can be discussed with your teacher and depends on your particular needs and goals.



## A history of helping people

F M Alexander, an Australian actor, developed the Technique over 100 years ago as a result of solving a persistent vocal problem. His technique helped not only performing artists, but indeed anyone with physical, mental or emotional conditions resulting from ingrained habits.

The Society of Teachers of the Alexander Technique (STAT) was founded in the UK in 1958. Teaching members (MSTAT):

- Are certified to teach the Technique after successfully completing a three-year, full-time training course approved by the Society or an affiliated society.
- Adhere to the Society's published Code of Professional Conduct and hold professional indemnity insurance.

## What happens in my lessons?

Your teacher will use gentle hands-on guidance and verbal explanations to help you find ease and balance within yourself in simple movements and everyday activities – such as sitting, standing, walking or bending.

Through experience and observation, you gain increased awareness enabling you to change long-standing habits and to function more efficiently.

In time, you will be able to use your new understanding and skill in more complex and demanding activities. You can bring awareness and poise to anything you do.

Part of the lesson may include you lying down in the classic Alexander Technique semi-supine position – allowing maximum support and relief for the back.

## Who do I contact?

The very best introduction to the Alexander Technique is a one-to-one lesson. To find a teacher:

**Search on: [www.stat.org.uk](http://www.stat.org.uk),  
call 0845 230 7828**

**or email: [enquiries@stat.org.uk](mailto:enquiries@stat.org.uk)**

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MSTAT

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# Alexander Technique



**Remember,  
you're a delicate  
instrument too**

**Regain Control**  
of your Body to  
**Alleviate Pain,**  
improve **Posture &**  
**Performance**



## Balanced body balanced mind

The Alexander Technique helps millions of people across the world to naturally overcome:

- muscle tension and stiffness
- back, neck and joint pain
- poor posture
- breathing and vocal problems
- anxiety and stress-related conditions

People use the Technique to:

- improve performance and prevent injury in music, drama and sport
- enhance business and presentation skills
- develop ease and elegance in movement
- support pregnancy and childbirth

... or simply because they want to change conditions that stop them enjoying a happy, healthy life.

## Performing artists

The Alexander Technique is taught at music and drama colleges such as Royal College of Music, Guildhall School of Music and Drama, RADA, LAMDA, and The Juilliard School (NY).

'The many obvious benefits included minimized tension, centeredness, vocal relaxation and responsiveness, mind/body connection, and about an inch and half of additional height.'

*Kevin Kline, actor*

'It has helped me to undo knots, unblock energy and deal with almost paralysing stage fright.'

*William Hurt, actor*

## How will the Technique help me?

The Technique works by helping you to identify and prevent the harmful postural habits that may be the cause of stress and pain.

You will learn to release tension and rediscover balance of mind and body. With an increased awareness you can:

- be poised, without stiffness
- move gracefully, with less effort
- be alert and focussed, with less strain
- breathe and speak more easily
- be calm and confident

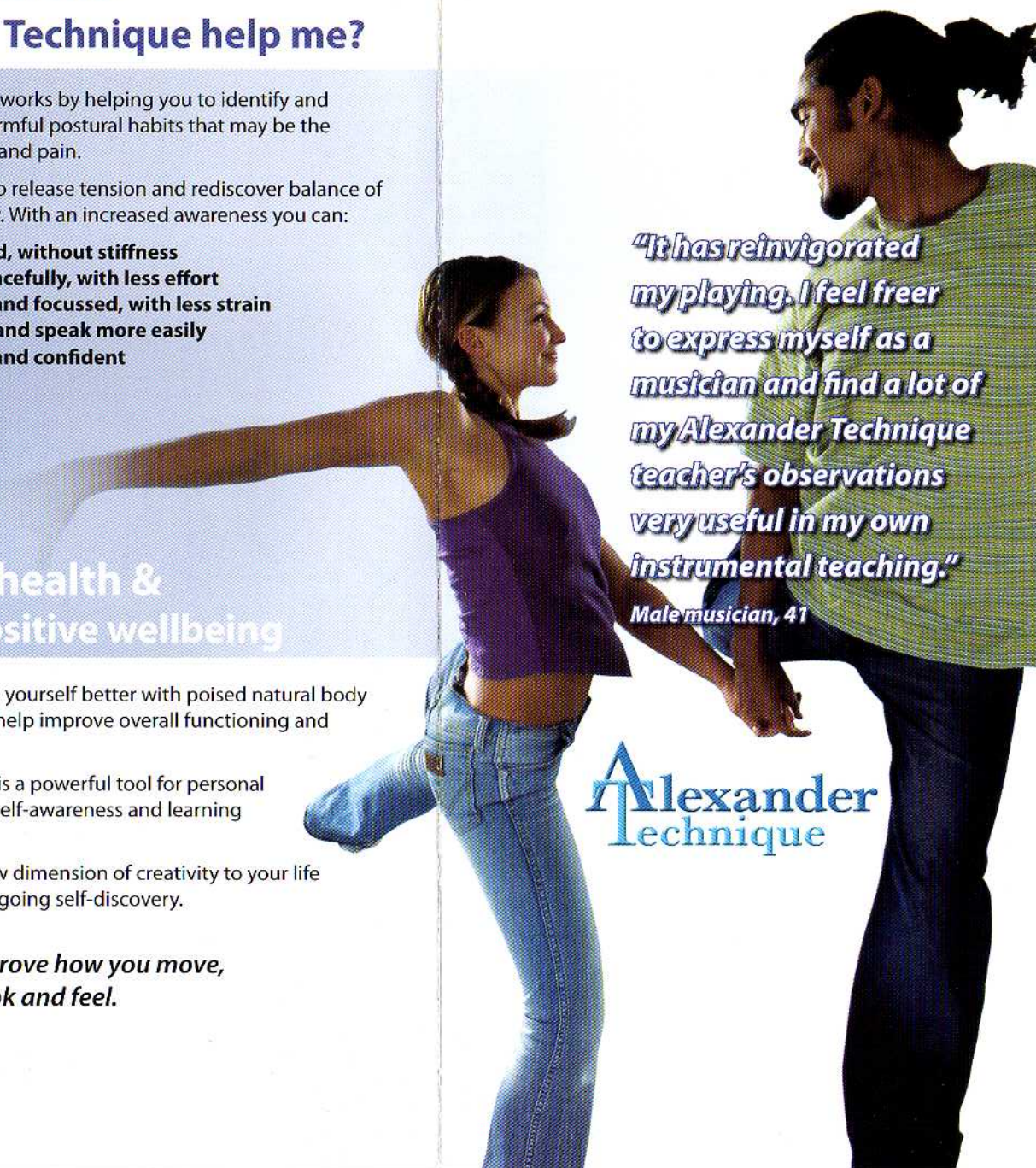
## Better health & positive wellbeing

Learning to use yourself better with poised natural body alignment will help improve overall functioning and wellbeing.

The Technique is a powerful tool for personal development, self-awareness and learning new skills.

It can add a new dimension of creativity to your life and lead to on-going self-discovery.

***You can improve how you move,  
perform, look and feel.***



***"It has reinvigorated  
my playing. I feel freer  
to express myself as a  
musician and find a lot of  
my Alexander Technique  
teacher's observations  
very useful in my own  
instrumental teaching."***

*Male musician, 41*

**Alexander  
Technique**