



Access your full potential!

Helping people with pain, tension, breathing,
stress and more for 120 years

www.ColoradoSAT.org

MEDIA CONTACT:

Heidi Leathwood, President
Colorado Society for the Alexander Technique
heidi.leathwood@gmail.com
phone number

TO: Media Representatives and Journalists
FROM: Colorado Society for the Alexander Technique
SUBJECT: The Alexander Technique

Colorado teachers of the Alexander Technique are joining together to provide better access in Colorado to the health benefits of this 120-year-old technique. Studies have shown the Alexander Technique is effective for back pain, neck pain, knee osteoarthritis, Parkinson's symptom management, fear of falling in older people, postural tone, performance anxiety in musicians, surgeons' performance and pain management, to name a few. Students of the Technique also report a better sense of well-being, less tension, and greater ability to cope with anxiety and stress. Founded in Australia by Frederick Matthias Alexander, this Technique of mindfulness in movement is now taught around the world and hundreds of thousands of people have benefited.

The Mayo Clinic has an Alexander Technique program in their wellness clinic where both the doctors and the patients take lessons. Lazlo Block, SVP, People Operations at Google, recommended the Alexander Technique for desk-bound back pain in his new book *Work*. Marilyn Monroe owned and took notes in one of F.M. Alexander's published books, and many famous actors such as Benedict Cumberbatch have taken lessons and shared their enthusiasm for it. The Technique has appeared in the British Medical Journal, on the Oprah website, the New York Times, and was recently featured on the Harvard Health Blog, among numerous other publications. Despite this, it remains a best-kept secret in Colorado, a secret that Colorado Society for the Alexander Technique members are determined to let out of the bag.

--MORE--

“...it teaches us how to use our body in a more relaxed, a more balanced, a more pain-free, and a more natural way...patients oftentimes can restore lost function,” says Dr. David Griesemer, neurologist in the Carolinas Healthcare System. Dr. Griesemer has himself has taken lessons in the Technique for 6 years.

“We have all come into this profession to spread the benefits we ourselves have experienced and we realize we can help more people together as a group,” says Heidi Leathwood, president. Initial plans for the Society include working together at health and wellness fairs, state conferences for various occupations, races, company events, and creating events for members of organizations such as Parkinson Association of the Rockies, Colorado Mesa University and DeLaney Community Farms.

Colorado Society for the Alexander Technique includes teachers from a variety of backgrounds, and some have been teaching for up to 25 years. They teach private and group lessons, teach at schools and Universities, give talks and workshops to groups, and travel to teach nationally and internationally. Members of the new society have been trained under the highest standards for teacher-training, upheld internationally by the Alexander Technique Affiliated Societies and are all certified by the American Society for the Alexander Technique. Their teaching uses highly sophisticated observational skills, both visual and hands-on, to diagnose faulty patterns of movement, posture and coordination. Lessons include hands-on guidance to help people learn healthy patterns of movement.

Members of Colorado Society for the Alexander Technique help students of all ages and from all walks of life learn how they can take greater ease into any imaginable activity. Guillermo Ramasosa expresses what many students experience: “when I leave my lesson I feel like the best version of myself!” For more information please visit ColoradoSAT.org.

###