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## Colorado Society for the Alexander Technique Fact Sheet

### **What is the Colorado Society for the Alexander Technique?**

The newly formed Colorado Society for the Alexander Technique is a group of AmSAT certified teachers of the Alexander Technique whose mission is to increase public awareness of and access to the benefits of the Alexander Technique in Colorado. They present talks, demonstrations, group workshops, and private lessons throughout Colorado, and several of their members teach nationally and internationally.

### **What is the Alexander Technique?**

In Alexander Technique lessons, students learn how to constructively use mindfulness to change harmful movement and posture patterns as well as physical and mental patterns of reactions. Certified teachers provide hands-on guidance in new patterns. The Alexander Technique was developed by Frederick Matthias Alexander in Australia in the late 1890s, and is now taught worldwide. The American Society for the Alexander Technique upholds the highest standards of training for Alexander Technique teachers in America.

### **Who takes Alexander Technique lessons?**

People who have pain or tension, people who are recovering from injury, people who have physically demanding jobs, people who are in the performing arts, pregnant women, people who want help with stress or anxiety, people who want to breathe better, athletes, people who want to age better, people with Parkinson's.

### **Is the Alexander Technique supported by research?**

Alexander Technique has been shown in studies to be effective in back pain, neck pain, general pain management, surgeons' performance, Parkinson's symptom mitigation, performance stress in musicians, fear of falling in older people, postural tone, knee osteoarthritis, gait in older people. Not all the benefits reported by students (less tension, less stress, freer breath, greater well-being) have yet been researched.

### **Where are teachers located?**

Members teach in the Denver Metro Area, Boulder, Colorado Springs, Greeley, and the Vail Valley. Members are available to travel to other cities to present workshops and lessons.

Where can interested parties learn more? [www.ColoradoSAT.org](http://www.ColoradoSAT.org)