The Alexander Technique

The Alexander Technique is a method of reeducation that allows a student to gain greater ease of mobility in their day-to-day lives. With the help of an Alexander teacher an individual can reeducate their neuromuscular system to use less muscular effort, allowing the student to possibly experience less physical pain and more ease in everyday actions.

Alexander was an orator/actor, born in 1869 in Australia. After experiencing the repeated loss of his voice, with no hope of finding a “cure,” Alexander ventured into the world of self-exploration in order to figure out what exactly was causing him to lose his voice. After almost a year of looking in a set of mirrors Alexander discovered that when he would try to speak he pulled his head back and down. This caused an undue amount of pressure on his vocal chords, straining them to the point that he would lose his voice.

F.M. Alexander discovered, after years of experimentation, that the manner in which an individual coordinates the use of their head, neck, and back can lead the body to function with either ease or discomfort. While in Alexander lessons, a teacher will work with a student by using their hands on areas of the body such as the neck, head, and back to encourage small muscular adjustments to help improve the way the body is coordinated. In conjunction with the hands-on work of lessons, a student will often be asked to take note of how they feel within the moment and to try to notice any areas of the body that may be trying to use more effort than is required. They will also be asked to explore how an action or a thought process can influence their movement or behavior.

F.M. Alexander’s books

*Man’s Supreme Inheritance*

*Constructive Conscious Control*

*The Use of the Self*

*The Universal Constant in Living*

Other books I recommend

*Thinking Aloud,* byWalter Carrington

*Freedom to Change,* by Frank Pierce Jones

Websites

[www.amsatonline.org](http://www.amsatonline.org)

[www.atden.org](http://www.atden.org)

[www.alexandertechnique.com](http://www.alexandertechnique.com)

<http://www.alexandertechniquerafferty.com>

Nikolas Tinbergen, Nobel Prize Winner in 1973 describes the benefits of the Alexander Technique

<http://www.nobelprize.org/mediaplayer/index.php?id=1584>