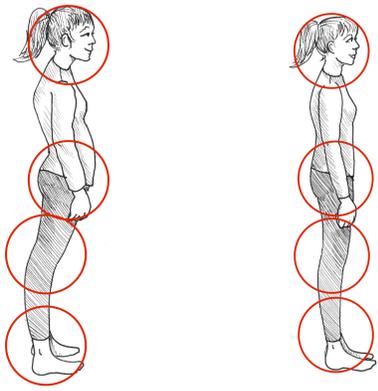


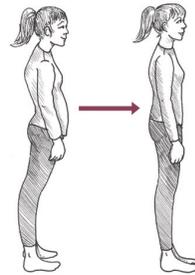
The Thinking Person's Guide To The Alexander Technique

Balance

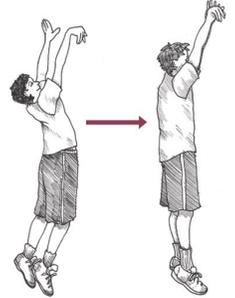
Good balance is good posture. When we are well balanced, we can do all sorts of things better and with less wear and tear.



BETTER POSTURE



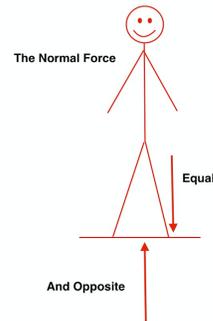
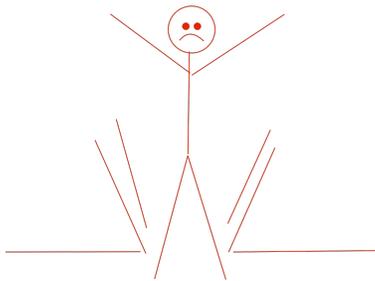
BETTER FORM



Gravity

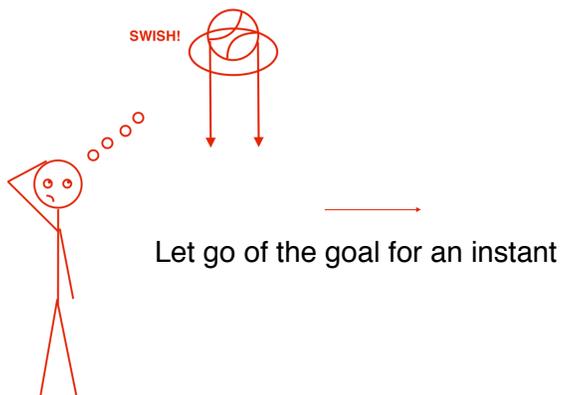
Newton's Third Law of Motion:

To every action there is an equal and opposite reaction. Why don't we crash through the floor? Because the floor pushes us back up with an equal and opposite force! Also, known as the normal force. We want to let this force move easily from the bottom of our feet to the top of our heads. If we hold our bodies with excess tension or collapse, or for instance, let our knees hyperextend, then the push up from the floor, does not make it to the top of our head!

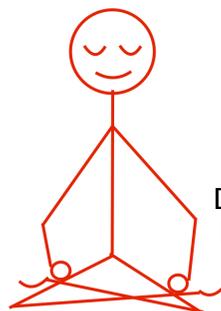


Intention

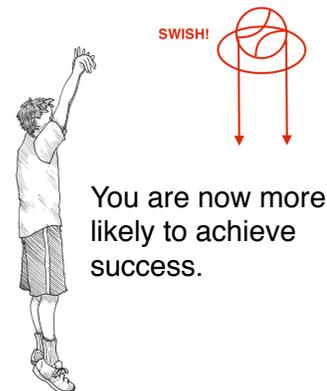
"I would love to use my body with better balance, but how?!" We are pre-programmed to do things the same way over and over and over. To change our habits, we must change our intention.



Let go of the goal for an instant



Decide that you will prioritize balance over success.



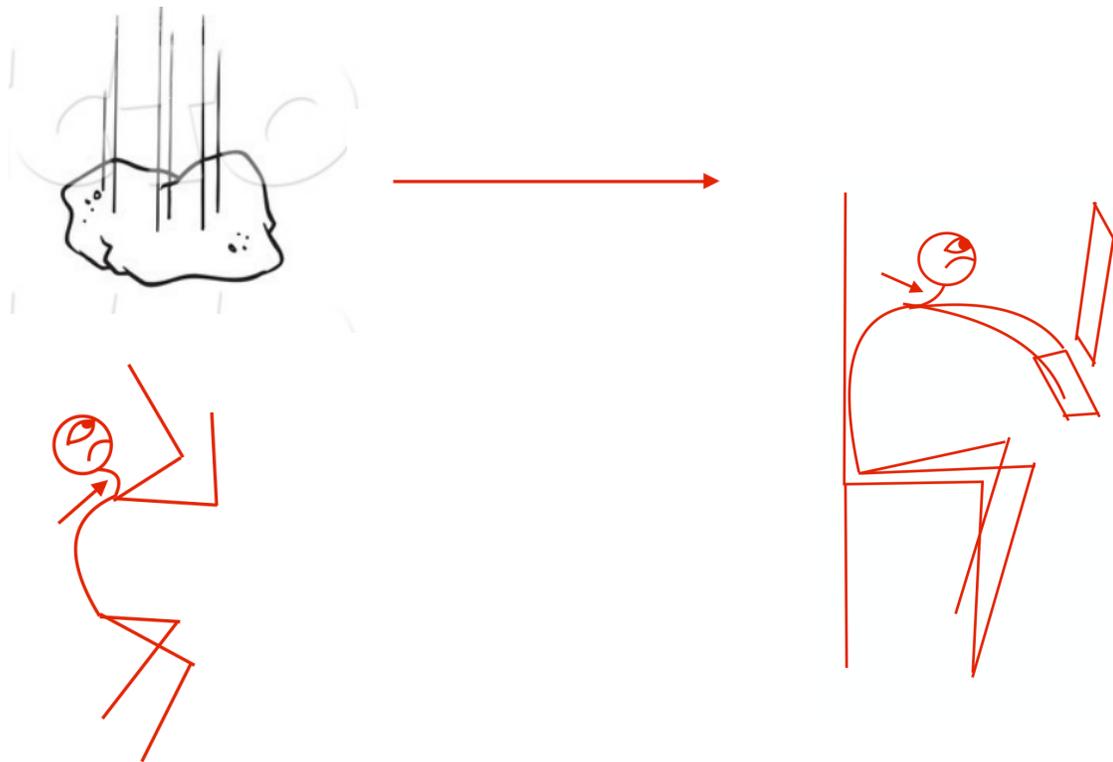
You are now more likely to achieve success.

Why do we need to change our movement habits? Why don't we just have good posture all the time?

The muscles at the back of the neck are sometimes called panic muscles because they are meant to protect us when something life threatening is about to happen.

But they are not helpful when used in non-threatening situations.

THE STARTLE REACTION



So why do we tighten the muscles at the back of the neck in response to non-threatening situations?

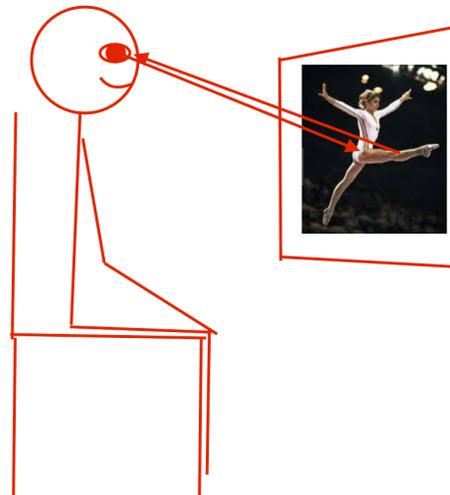
Who knows, but we do, and when we stop, our posture gets a lot better!

How does the hands on part of an Alexander lesson work?

MIRROR NEURONS!

We learn how to use our bodies by observing other people. So if you want to be a good gymnast, you should observe really good gymnasts. We also learn by observing people tactilely. When an Alexander Technique teacher puts her hands on you, your brain observes the teachers good balance and coordination, and learns to perform that balance and coordination.

Learning by watching: video to eyes to brain



Learning by feeling: hands to brain

