

Why Invest in Improving the Use of Yourself?

By Tasha Miller and David Langstroth

*"A Painful and debilitating back problem brought me to the Alexander Technique. I had sought remedy through the conventional route of my GP and the less conventional route of a chiropractor, neither with any significant or lasting effect. I can now walk normally without fearing that my life will be disrupted by pain and lack of mobility. More than that, though, the Technique is helping me to develop a new outlook on life, a better way of relating to people and confidence of a brighter, more fulfilling future as I adopt the principles I am taught in my lessons."*¹

Why invest in improving the use of yourself? Because trying to manage the pace of life today and achieve our aims and objectives in this exciting, dynamic and demanding world can be very stressful. Because we have to face challenges, and deal with the buffeting and contingencies they bring well into our eighties and nineties. Because not only do we want to manage ourselves better now, but we also want to age well, that is, to remain in a state of health and well-being that offers us a good and active quality of life. Investing in the Alexander Technique the IPAC way ensures a healthier and happier future. Benefits are experienced at all levels: physical/mechanical; psychological/emotional; social/interpersonal.

Most people are completely unaware of how they disturb their postural reflexes, their balance, co-ordination and equilibrium in trying to deal with the constant stream of stimuli that bombard them throughout every moment of every day of their life. They are also unaware of how this disturbance affects them psychologically and emotionally. The habitual disturbance of these delicate postural reflexes creates imbalance, stress and tension leading gradually but inevitably to poor posture, poor health and declining well-being experienced as a wide range of physical and emotional problems.

In your lessons you will be introduced to a procedure which will help you to develop greater awareness of what you are doing. You will come to see how you can regain your 'poise' and control your manner of re-acting to everyday stimuli. You will experience your body working in a way that is mechanically advantageous, leaving you feeling light, free and easy as you move and use yourself in your daily tasks. You will learn to maintain a physiologically efficient posture in everything that you do. With good posture and poise as your foundation for living you will experience a growing positive effect in all areas of your life, improving your confidence, reducing stress and strain and achieving better health and well-being.

Without investing in the Alexander Technique the IPAC way, the psychological, emotional, physical and financial implications of living with stress, ill-health, poor performance and unemployment can be

¹"How the Alexander Technique has helped me", by Nicola Giddings

devastating and depressing, particularly as we get older (see our article, 'The Myth of Ageing' on our website).

Expenditure on regular Alexander Technique lessons can be very reasonable and manageable compared to the expense of prescriptions; over the counter remedies; joining health clubs; and buying exercise equipment, vitamins and other treatments for chronic problems. Remember that as you study the technique your need for other services will fall away reducing costs considerably.

After the initial consultation lesson we recommend that you take a course of about 10 lessons as an induction to the work, followed by about 30 lessons, depending on your age and condition, the aim being to establish a foundation of work from which you can make an informed decision about investment in your long term health and well being. The long term investment helps you to consolidate your achievements to date, make further improvements and advance your knowledge and skill in the process you are learning. As we are dealing with deeply ingrained habits it also safeguards you against falling back into old bad habits or developing new ones that you may not be conscious of.

It is recommended that you aim to do a minimum of a lesson every two weeks. This level of frequency will make it more productive and rewarding for you. However, we understand that this may not be possible for some people, so why not simply start with your first introductory lesson and see how it goes. We are happy to teach you at a pace which suits your individual circumstances. Remember that you have everything to gain and nothing to lose by taking the first step. We look forward to meeting you and helping you achieve better posture, greater poise, improved health and well-being for the rest of your life.

For further information and advice contact Alexander Technique Atlantic (902) 346-2065, www.AlexanderTechniqueAtlantic.ca.