

## **BACKACHE**

By Jayne Smith

Hello. I feel I must share with you my good fortune in discovering the Alexander Technique. I am 76 Years of age and had backache caused by kyphosis and lordosis of the spine. This meant I was unable to sit down or lie in bed comfortably for any length of time. Since taking Alexander lessons, however, my backache has gradually improved and once again I can enjoy gardening. My lessons have also benefited me in other ways.