

BACKACHE

By Mary

When my back pain was so bad and the thought of using a walking stick some time in the future, life looked bleak. That was until TASHA and THE ALEXANDER TECHNIQUE came into my life, and changed it forever. Over the months that I have been learning about it and practising and what I have been taught I am able to tackle most things again, much to some peoples surprise, my friends tell me that they can tell that I am on the right track firstly by my voice and also by the way I look, not in pain. Some of the phases that one goes through are quite strange but they don't last long, once through, you feel really great. NO PILLS NO EXERCISES ONLY GAIN.

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