

A MUSICIAN'S EXPERIENCE

By Naomi Excell

In my second year at music college I began to suffer dreadful back and neck pain, and after a course of physiotherapy there was no improvement. In desperation, I began to study the Alexander Technique. At this point I was in constant pain and unable to play my violin or study effectively. Within a few months of taking weekly lessons the pain had subsided enough so that I could prepare for my final exams and could play in the college orchestra again, and I graduated with a BA in Music.

Four years later I feel much lighter and freer, and rarely experience neck and backpain. I am so much more relaxed in both mind and body and therefore able to live moment by moment, without my mind constantly wandering into the past and the future. Not only have I overcome many technical problems as a musician which previously seemed insurmountable, but my focus when playing the violin and piano has improved tremendously. As a result I have achieved a deeper understanding of music and I am astonished at how superficial my interpretation of music used to be. Since becoming a student of the Alexander Technique to combat back and neck pain four years ago, I have found that I now have the ability to play and understand music on a level that I could never before have imagined possible.