

How the Alexander Technique is Changing Me

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I have been learning the Alexander Technique for about nine months now. I first came to the Technique in order to correct my poor posture. I expected the lessons to be structured in such a way that I would be taught a series of 'exercises' that would give me the straight posture I'd longed for. I soon realised though that there was far more to it than any exercise programme I'd followed before.

It is teaching me...

- To adapt better to different situations that arise
- To become aware of my own behaviour patterns as well as others'
- To be more organised
- To think about how I use my body to do simple things like sitting, standing, walking etc...
- To think about how I use my body in reaction to something, eg fear, happiness etc...
- To 'let go' of tension that has built up in my body over the years

The list is endless really.

I'm very glad I came to the Alexander Technique when I did because it is going to help me to grow in all areas of my life.