

Benefits I Have Experienced

By Dilwyn Ladd (retired teacher)

I am seventy. Four years ago I had a heart attack followed by a by-pass operation. For the past year I have been having regular Alexander lessons from Tasha Miller. The chronic back trouble which made sitting up and standing very uncomfortable has slowly disappeared. Blood pressure has returned to normal and my balance has improved. The joints in my arms and legs are more flexible now; they feel looser and freer than ever before. By increasing the mobility of my chest Tasha has made breathing easier accompanied by a greater sense of calm. Before my lessons with Tasha I suffered from eye-strain which prevented me reading for more than about ten minutes at a time. Nowadays the strain in and around my eyes is getting less so I can read for longer periods without discomfort.