

My Testimonial

By Ann Griffiths

15 months ago I could not walk 150 yards without a stick on a bad day. I found it almost impossible to bend down far enough to put on a sock or stocking.

I was 64 years old, had been born with a malformed spine, had a bad car accident when I was 26 and over the years had deteriorated considerably. This was confirmed by x-rays.

I had heard of the Alexander Technique and thought (almost as a last resort) that it just might help and could not do any harm. I contacted Tasha Miller, had a consultation and have been having regular classes ever since.

I would not have believed possible the improvement I have experienced. I now only take a stick if I know I have to walk long distances. I no longer 'drag' my right foot. I can stand with my feet parallel instead of my right foot being permanently ahead of the left. I can raise myself easily from a sitting position without 'heaving' myself from the chair. I am no longer in constant pain. The semi-permanent ache in my neck has gone. I have fewer tension headaches and need far fewer pain killers. Driving long distances no longer cripples me.

The transition has not been entirely painless. When the changes occur they do have some temporary uncomfortable or painful side effects that have to be worked through, but for me it has been entirely worthwhile and I know that there are further improvements to come.

12th July 1999