

A Second Testimonial

By Anne Griffiths

I have now been taking Alexander Technique classes with Tasha Miller for 3 years and increasingly realise how vital it is to continue. The movements I was able to make 12 or even 6 months ago have been progressively superseded.

I am 67 years old, born with a spinal deformity and am now more mobile and with less pain than I have had for many years.

To change years of mis-use is a gradual re-educating process. Some changes involve temporary discomfort or a degree of pain for a while, but to feel that I am progressing towards a more mobile, almost pain free life as I get older is wonderful.

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