

How the Alexander Technique has Helped Me So Far

By Nicola Giddings

A painful and debilitating back problem brought me to the Alexander Technique. I had sought remedy through the conventional route of my GP and the less conventional route of a chiropractor, neither with any significant or lasting effect. I can now walk around normally without fearing that my life will be disrupted by pain and lack of mobility.

More than that though, the Technique is helping to develop a new outlook on life, a better way of relating to people and confidence of a brighter, more fulfilling future as I adopt the principles I am taught in my lessons. Though I make a personal and financial investment in my lessons, I consider them a gift in some ways, and count my blessings that I have discovered the Technique.

This may all sound rather serious, but I look forward to my lessons as I know that Tasha consistently provides an excellent standard of teaching as well as providing an hour of entertainment and laughter – a tonic in itself!