

Pregnancy and the Alexander Technique

By Anne Vincent

I have been studying the Alexander Technique for over 8 years and it has given me the help and resources to deal with and progress myself emotionally, physically and mentally.

Recently I became pregnant and was not looking forward to the experience based on people's reports of: morning sickness, bad backs, bloatedness, tiredness, erratic emotional behaviour and other negative and problematic associations.

However, I have found I have sailed through and thoroughly enjoyed my pregnancy and have had none of the 'expected' pregnancy problems.

During my pregnancy the Alexander Technique has enabled me to maintain my use and functioning as my body has undergone some of the most fundamental changes of its life. The Technique has enabled me to stay grounded and process pregnancy changes as they have occurred without letting them overtake my whole being.

My physical, emotional and mental states have directly influenced my baby's own environment and development while in my womb. Due to my use and functioning I was able to ensure all these states stayed positive throughout my pregnancy. This has given my baby the best experience possible, while he grew and formed inside me.

By studying the Alexander Technique I have invested both in myself and my unborn child to ensure that he will have the best beginning for starting out in the world

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