

## **Testimonial**

The Alexander technique has traveled vast distances like the ancient echo of aboriginal drum beats in Australia where F.M. Alexander was born, and by the will of divinity has impregnated people such as Tasha Miller, a passionate gifted teacher of the technique.

The technique is akin to the physical and spiritual practice of yoga after you leave the mat. Every movement, every action, every thought is carried out consciously so that your life becomes harmonized with your true self, your fellow human beings and with nature.

What led me to the technique is a feeling that I had lost touch with my soul and once again, I slowly began to hear the steady whispers of the universe.

As Einstein once said, “You cannot solve a problem from the same consciousness that created it”.

Tomas Vacon  
A.T. iPAC Student