

THE ALEXANDER TECHNIQUE

BALANCE, CO-ORDINATION AND POSTURAL RE-EDUCATION

Many Types of underperformance and even ailments, both mental and physical, can be alleviated.....by teaching the body musculature to function differently.

Scientist, Nikolaas Tinbergen,
discussing the Alexander Technique
in his Nobel Prize Address

About the Alexander Technique

The technique invented by F.M. Alexander is a world-renowned re-education system for bringing about ease and co-ordination into movement, posture, breathing and vocal use. F.M. Alexander's most famous book is *The use of the self*, which describes his observations in attempting to change his postural habits and the general "use" of himself. Early in his career Alexander worked with voice and breathing problems, later developing hands-on treatment and guided procedures for a wider audience who suffered from a broad range of ailments, including unsightly "posture".

"The Alexander Technique teaches you how to bring more practical intelligence into what you are already doing; how to eliminate stereotyped responses; how to deal with habit and change. It leaves you free to choose your own goal but gives you a better use of yourself while you work towards it."

Professor Frank Pierce Jones, Tufts University, USA

What happens in a lesson

The Alexander teacher uses words and gentle touch to guide the student through simple everyday movements, such as walking, standing up, sitting down, lunging etc, teaching students to observe their own habits of tension and at the same time promoting new ways of moving with greater ease.

There is also "lying down work", where the teacher adjusts the student's alignment lying down, focusing on the spine and major joints to promote relaxation and awareness. Lessons are around 40mins in duration. Like learning anything, the Alexander Technique takes time and lessons can vary from a few to many.

"Instead of feeling one's body to be an aggregation of ill fitting parts full of friction and dead weights pulling this way and that, so as to render mere existence itself exhausting, the body becomes a co-ordinated and living whole, composed of well-fitting and truly articulated parts."

Sir Stanford Cripps, Former Chancellor of the Exchequer

Who can benefit

- ✓ Everyone who is interested in self development, from child to adult
- ✓ Anyone wishing to improve their general co-ordination, posture and awareness
- ✓ People in a profession where their own movement requires care and direction
- ✓ Dancers, Actors, singers, musicians, artists, teachers and anyone in the public eye
- ✓ People with breathing or vocal difficulties and excessive tension
- ✓ People who suffer from pain related to mis-use of the body and postural habits, including back, neck and shoulder pain
- ✓ People to cope with situations of undue or extended physical or emotional stress

How do I start

Contact an Alexander teacher and discuss your situation to book an initial lesson. You can then gauge if the technique addresses your particular needs and concerns.

ATTSNZ, The Alexander Technique Teachers Society of New Zealand
<http://www.alexandertechnique.org.nz>

All the members of **ATTSNZ** have attended a three-year full-time training programme approved by an Affiliated Society, and are bound by the ATTSNZ Code of Ethics.

"The Alexander Technique gives us all the things we have been looking for in a system of physical education: relief from strain due to maladjustment, and constant improvement in physical and mental health. We cannot ask more from any system: nor, if we seriously desire to alter human beings in a desirable direction, can we ask any less."

Aldous Huxley

Timothy Gordon PROF. DIP. SVLAT - STAT



Timothy is a registered Alexander Technique therapist trained in Switzerland and New Zealand. He is also an international ballet master, a choreographer, and the artistic director of Company Z Dance.

"The Alexander Technique can benefit almost anyone - young or old, strong or frail, those in discomfort and pain, and those wishing to maintain good health or perform at their best"

Private and group sessions can be tailored to suit particular requirements. Introductory workshops are available by appointment. Please feel free to make inquiries.

Email: alexandertechnique@timothymgordon.co.nz
Mobile: **021.160.3098**

Visit Timothy Gordon's official website to find out more about him: <http://www.timothymgordon.com>