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The Alexander Technique Workbook: The Complete Guide to Health, Poise and Fitness. The Alexander Technique is a simple, effective, and equipment-free method of training your body that alleviates backaches, headaches, and other spine/brain-related signs of stress and tension.

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The Alexander technique teaches improved posture and movement, which is believed to help reduce and prevent problems caused by unhelpful habits. During a number of lessons you're taught to be more aware of your body, how to improve poor posture and move more efficiently. Teachers of the Alexander technique believe it helps get rid of tension in your body and relieves problems such as back pain, neck

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ache, sore shoulders and other musculoskeletal problems.

Alexander technique - NHS

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The Alexander Technique Resource Book provides guidance and information that aids in studying the technique and locating sources for further research in the field. It contains information on print, audio, video, and web-based resources, and includes a description of the basic principles and benefits of the Alexander Technique.

The Alexander Technique Resource Book: A Reference Guide ...

The Alexander Technique is a method which helps a person discover a new balance in the body by releasing unnecessary tension. It can be applied to sitting, lying down, standing, walking, lifting, and other daily activities..." "The Alexander Technique is an intelligent way to solve body problems."

What is the Alexander Technique and what are its Benefits ...

The Alexander technique focuses on teaching your body how to move in a more efficient way that gets rid of tension and improves your posture. The technique uses movements such as standing up, sitting down, walking, or lying down to teach you to be aware of the way you move throughout the day.

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The Alexander Technique Workbook Summary The Alexander Technique Workbook: The Complete Guide to Health, Poise and Fitness by Richard Brennan Developed at the turn of the century by F.M. Alexander, the Alexander Technique is a simple method of improving posture and body movement in order to reduce the physical and mental tensions that we accumulate throughout our lives.

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