

teach
yourself

alexander technique

goal:
practical introduction

category:
health

content:

- understand the basic principles
- get the information to make informed decisions
- find the right remedy for you

be where you want to be with teach yourself



Teach Yourself Alexander Technique Teach Yourself

Gary McPherson, Graham Welch



Teach Yourself Alexander Technique Teach Yourself:

Have A Happy Pregnancy: Teach Yourself Denise Tiran, 2010-01-29 Have a Happy Pregnancy is a comprehensive guide not only to what to expect and when to expect it but also to developing a confident assertive and empowered approach to your pregnancy and your life as a new parent Divided into sections covering early days pre and post conception the pregnancy and the birth it will explain all the facts and outline all the choices available to mothers fathers and birth partners at every stage It will also offer practical advice and reassurance on the changes which will inevitably be taking place not only physically but also emotionally and socially It offers support for both mother and father and uniquely gives you all the information you need to know after the birth including strategies for feeding and how to cope with the return to work With plenty of supporting resources and a supportive tone throughout it will help you to feel positive and confident about your pregnancy NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of how to achieve a happy pregnancy FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it *Relaxation Techniques: Teach Yourself* Alice Muir, 2010-07-30 The ultimate user friendly comprehensive relaxation guide Learn effective relaxation techniques with this complete guide to feeling good and beating stress You will discover a wide range of different techniques from muscle relaxation to visualization from soothing sounds to calming breathing so you re bound to find something that works for you This new and updated edition features free audio with practical exercises on physical and mental relaxation breathing and even basic meditation available from library teachyourself.com Relaxation Techniques includes Chapter 1 Relaxation a skill with a long history Chapter 2 Relaxation stress and tension explained Chapter 3 Coping with stress and tension Chapter 4 Vulnerability to tension or stress Chapter 5 Relaxing your body Chapter 6 Relaxed body language Chapter 7 A relaxed mind and calm thinking Chapter 8 Relaxing mind and body together Chapter 9 More alternative and complementary therapies Chapter 10 Making the most of the internet and modern technology Chapter 11 Relaxation and your feelings Chapter 12 Relaxation in situations Chapter 13 Relaxation and your mood Chapter 14 What now Relaxation as a way of life **Body Learning** Michael Gelb, 1995 The Alexander Technique is now recognized the world over as the most revolutionary and far reaching method developed for maintaining the health and efficiency of the body Back cover **The Alexander Technique Resource Book** John B. Harer, Sharon Munden, 2008-12-24 The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve

cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey 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 This book benefits students scholars and researchers as well as musicians actors and athletes looking to enhance performance in physical activities It is a helpful resource for anyone seeking information on alternative and complementary medicines like the Alexander Technique

Beat Back Pain with the Alexander Technique Richard Craze,2010-01-29 The Alexander Technique is now proven to overcome back pain and is recommended by the NHS to sufferers Buying this book might save you a visit to your doctor but more importantly will give you a simple no nonsense step by step guide to how to use this technique It makes the physical facts easy to understand and the spiritual aspect straightforward with simple language making sure that you benefit from better mental health as well as a pain free life NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of the Alexander Technique FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

Beat Stress With Meditation: Teach Yourself Naomi Ozaniec,2010-01-29 It has been scientifically proven that meditating for just 20 minutes a day a few days a week can reduce anxiety and stress dramatically and this book shows you how to do just that whatever your spiritual and religious beliefs It will introduce you straight away to the practice of meditation showing you a whole series of different exercises so you re sure to find one that works for you and will help you to understand the link between body brain and why meditation works NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of meditation FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

Body Learning: 40th anniversary edition Michael J. Gelb,2013-07-08 Body Learning has been a steady bestseller since it was first published in 1981 This updated 40th anniversary edition confirms its status as the classic work on the Alexander Technique The Alexander Technique is now recognized the world over as the most revolutionary and far reaching method ever developed for maintaining the coordination and efficiency of the human body It is not only a means of putting us in touch with our bodies but also a way of deepening our perceptions and general well being Its effects on all aspects of living and learning are profound Body Learning

provides a simple clear answer to the question What is The Alexander Technique and how can it help me Michael J Gelb provides inspiration and guidance to newcomers to the technique and conveys a full understanding of the complex mental and physical dynamics involved The approach to learning and the techniques outlined in Body Learning transformed my life Read and practice and Michael Gelb s profound message will transform yours Tony Buzan author of The Mind Map Book

Teach Yourself Relaxation Richard Craze,1998-01-11 *How You Stand, How You Move, How You Live* Missy

Vineyard,2007-06-04 A comprehensive new guide to The Alexander Technique A simple yet powerful method for improving how the mind and body interact **Teach Yourself - Pilates** Matthew Aldrich,2004 A guide to Pilates exercise techniques

Alexander Technique Richard Craze,2003 This is a complete no nonsense guide to one of the most popular alternative therapeutic approaches to stress relief and enhanced physical and psychological well being Teach Yourself Alexander Technique explains who can actually benefit from this unique system of spinal realignment You get practical exercises accompanied by clear well illustrated step by step instructions You will also learn about the origins and evolution of the Alexander Technique and how it came to be practiced around the world *The Alexander Technique* John Gray,1991-11-15 The Alexander Technique is a proven process of mind and body reeducation that reduces stress and muscle tension and revitalization those who practice it Used by many actors athletes and dancers the technique can help anyone increase his or her energy and achieve a more dynamic presence Written by a veteran instructor of the Alexander Technique this authentic and easy to follow guide allows everyone to learn the increasingly popular program with clear instructions for each exercise and dozens of helpful photographs that show correct and incorrect positions to use for the exercises and throughout the day

How to Learn the Alexander Technique Barbara Conable,William Conable,1995 A primer for students of the Alexander Technique a well known method for improving freedom and ease of movement and physical coordination This book provides the first authoritative account of William Conable s concept Body Mapping the study of how our ideas about our bodies affect our experience and movement This concept is integrated with a lucid explanation of the Alexander Technique that clarifies and simplifies the task of teaching and learning the Technique Publisher s description The Alexander Technique Penelope Easten,2021-04-19 Our entire human structure is built for movement for all aspects of life This book offers a new theoretical framework for understanding integrated movement based on the latest scientific models and practical explorations Presenting a new interpretation of how Alexander developed his work Easten covers twelve fundamentals of movement and shows how optimal movement is organised around sensory and spatial awareness and our focus and goals The book describes how to reawaken innate balanced movement possibilities Up to date scientific research is woven into Alexander s concepts to give a whole picture of how the human body feels perceives and self organises Clarifying the functional anatomy that underpins the Alexander technique this book explains how to utilize the power of the autonomic nervous system and spatial awareness to allow us to change old harmful movement habits and enable new body learning

Written accessibly and supported by illustrations and video demonstrations of techniques this book is ideal for Alexander technique teachers and trainees movement educators and somatic therapists

Teaching the Alexander Technique

Cathy Madden, 2018-07-19 Thoughtful and accessible this guidebook unpacks the teaching process of the Alexander Technique for new and more experienced practitioners By demonstrating the pathway from learning the Alexander Technique for oneself to teaching it Madden identifies the skill sets required for excellence in teaching the Alexander Technique and shows readers how they can acquire and develop these skills themselves Observation communication and tactile skills are all covered and particular attention is paid to group teaching which is neglected in current literature This is combined with discussion of current research on education and neuroscience enabling the reader to build a truly informed and effective practice Featuring a variety of examples and stories it will prove a valuable resource to any teacher of the Alexander Technique both active and prospective and to practitioners of other modalities exploring ways to deepen their practice

Vocal, Instrumental, and Ensemble Learning and Teaching

Gary McPherson, Graham Welch, 2018-04-30 Vocal Instrumental and Ensemble Learning and Teaching is one of five paperback books derived from the foundational two volume Oxford Handbook of Music Education Designed for music teachers students and scholars of music education as well as educational administrators and policy makers this third volume in the set emphasizes the types of active musical attributes that are acquired when learning an instrument or to sing together with how these skills can be used when engaging musically with others These chapters shed light on how the field of voice instruction has changed dramatically in recent decades and how physiological acoustical biomechanical neuromuscular and psychological evidence is helping musicians and educators question traditional practices The authors discuss research on instrumental learning demonstrating that there is no ideal way to learn but rather that a chosen learning approach must be appropriate for the context and desired aims This volume rounds out with a focus on a wide range of perspectives dealing with group performance of instrumental music an area that is organized and taught in many varied ways internationally Contributors Alfredo Bautista Robert Burke James L Byo Jean Callaghan Don D Coffman Andrea Creech Jane W Davidson Steven M Demorest Robert A Duke Robert Edwin Shirlee Emmons Sam Evans Helena Gaunt Susan Hallam Lee Higgins Jere T Humphreys Harald Jers Harald J rgensen Margaret Kartomi Reinhard Kopiez William R Lee Andreas C Lehmann Gary E McPherson Steven J Morrison John Nix Ioulia Papageorgi Kenneth H Phillips Lisa Popeil John W Richmond Carlos Xavier Rodriguez Nelson Roy Robert T Sataloff Frederick A Seddon Sten Ternstr m Michael Webb Graham F Welch Jenevora Williams Michael D Worthy

The Actor and the

Alexander Technique Kelly McEvenue, 2014-12-02 F M Alexander developed the Alexander Technique of movement in the early 20th century Combining vocal clarity and body movement Alexander developed a performance coaching method that is used by dancers actors singers etc In The Actor and the Alexander Technique Kelly McEvenue writes the first basic book about how this unique technique can help actors feel more natural on the stage She provides warm up exercises balance and

center exercises spatial awareness exercises She talks about imitation the use of masks nudity on the stage dealing with injury and aging She talks about specific productions that have successfully used the Alexander Technique such as The Lion King With a foreword by Patsy Rodenburg of our own phenomenal The Actor Speaks this is a book that belongs on the shelf of every working and studying actor **Introduction to the Alexander Technique** Bill Connington, 2020-01-23

Introduction to the Alexander Technique part of the brand new Acting Essentials series is the first textbook about the Alexander Technique written specially for undergraduates This eight week program can be taught over the course of half a semester a full semester or dipped into as needed to address students issues with physicality movement breathing voice and performance habits The Alexander Technique has been a vital part of training for performers since the early 20th century It is a core part of the curriculum at most acting conservatories and in many BFA programs Sometimes considered purely a movement discipline the Alexander Technique in fact takes into consideration the entire person mind body voice emotions and imagination Introduction to the Alexander Technique addresses the student s self as a whole and is suitable for beginning acting students in any academic setting including those who take performance classes as an elective The book also includes more than 150 practical easy to follow exercises that help students reduce tension and improve their alignment flexibility and poise The textbook is supported by a range of online videos demonstrating key exercises described throughout the book **The Alexander Technique** Pedro de Alcantara, 2021-04-26

To live is to face problems and to find solutions for them We do so consciously or unconsciously using intuition reason imagination and many other faculties We notice a situation we draw conclusions from what we see hear and feel and we act on our conclusions in a constant process of observation analysis and remedy My shoulders are tight because I am under a lot of stress I need a good massage We observe a problem tight shoulders analyse the cause stress and seek a remedy for it the massage But what if we have misunderstood the problem What if our description of the problem is based on false perceptions or our analysis on false assumptions What if the solution aggravates the problem This book is about our suppositions habits and behaviours It is about posture and attitude tension and relaxation movement and rest It is about interpersonal relationships sports and performing arts Above all it is about embodied emotions and the body that thinks and feels In this fully revised new edition Pedro de Alcantara invites you to redefine the meaning of health and wellbeing using the insights and tools developed by a man of genius F M Alexander *Living the Alexander Technique* Ruth Rootberg, Nine distinguished teachers of the Alexander Technique speak with Ruth Rootberg about their lives their work and their approach to using their Alexander skills as they face aging loss of loved ones and the challenges of illness and injury With over 400 years of combined teaching experience they reveal how the Alexander Technique provides a dependable pathway to meet the ongoing challenges of daily living This book is a wonderful resource for Alexander Technique students teachers and anyone who seeks models of aging with dignity and passion Students and teachers of the Alexander Technique will gain valuable and thought provoking insights

from these personal stories and life lessons generously shared by master teachers of the profession Missy Vineyard Ehrgood Teacher of the Alexander Technique and author of How you Stand How you Move How you Live In an age that worships youth it is important to learn to overcome our fear of growing older and ultimately of death This is an important book because it gives you a template for aging gracefully The spirit of enjoying whatever each day brings and of continual learning at every stage of life infuses each of these master teachers as they discuss the Alexander Technique as a practical tool that allows life to be just a little easier Michael Frederick Alexander Technique Teacher training director and founding director of the International Congresses on the Alexander Technique I think it would be wonderful if when a person turns 65 and receives a Medicare card eligibility for the card would require lessons in the Alexander Technique Sarnie Ogus Alexander Technique teacher

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