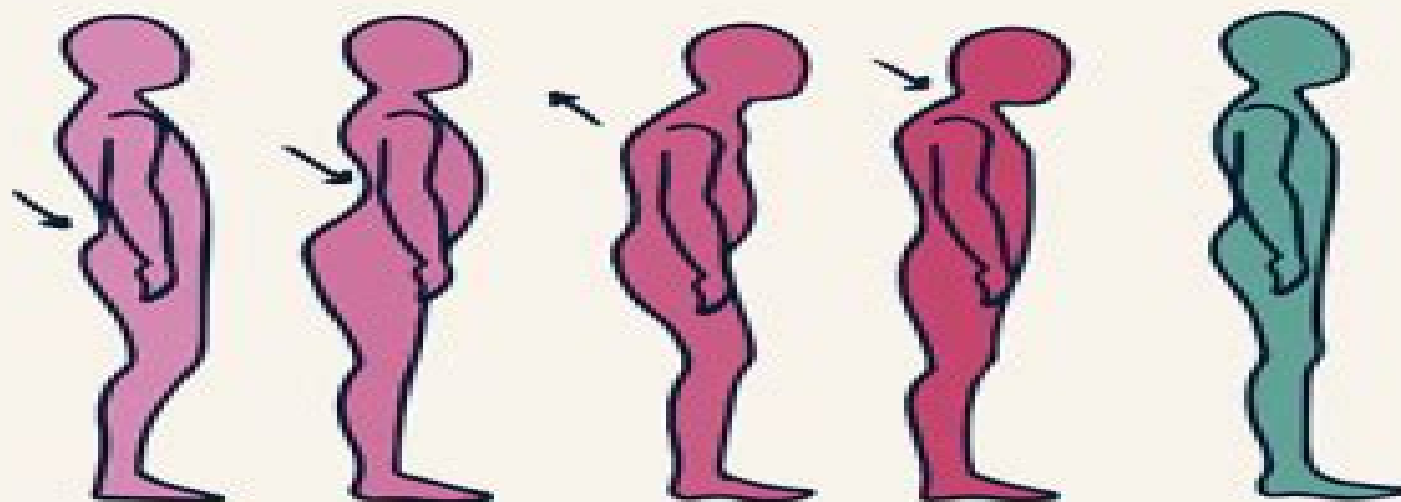


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Principles of the Alexander Technique Jeremy Chance,2013-01-15 This introductory guide presents an overview of the Alexander technique which teaches us how to co ordinate mind and body effectively so that our thinking is clarified and our movements become naturally lighter Encompassing everything from teaching lineages to how to find a practitioner it provides all the key information on the topic *The Alexander Technique* Sarah Barker,1978-08 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

The Alexander Technique Judith Leibowitz,Bill Connington,1999 Specifically devised to alleviate backache stiff neck and shoulders poor breathing bad posture and even rheumatic pains the Alexander Technique is designed to help every aspect of your life

Fitness Without Stress Robert M. Rickover,1988-01-01 The Alexander Technique Frederick Matthias Alexander,1990 This book presents selected writings of famous Australian F Matthias Alexander now recognized as the twentieth century pioneer of body mind

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Evolved to Move Richard Brennan, 2025-06-19 The human body is designed to move naturally and freely without forced tension or conscious effort But modern life is full of factors that push people out of sync with their bodies natural balance Based on the pioneering work of Frederick Matthias Alexander this book shows movement professionals how to use the Alexander Technique to free up clients movement and reduce pain caused by unbalanced posture Each exercise demonstrates how to become conscious of any bad postural habits that have developed over time and allows you to bring your clients or yourself back into alignment An essential guide for somatic practitioners manual therapists movement and health professionals and anyone who wants to reduce or avoid joint pain Alexander Technique Richard Brennan, 1997

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ago E M Alexander pioneered his concept of Body Mind unity This is the first book to explain the Alexander Technique in terms of energy flow and how we can direct energy with our thoughts It is also the first book to look at the psychological and spiritual implications of the Alexander Technique and how we can work with our innate Body Wisdom for inner guidance

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

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The Actor and the Alexander Technique Kelly McEvenue,2002-08-17 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

Alexander Technique Richard Brennan,2016-01-28 The Alexander Technique is a simple method of improving posture and body movement in order to reduce the physical and mental tensions that we all accumulate throughout our lives Developed at the turn of the nineteenth century by F M Alexander this practical system has been used by millions of people to help relieve common ailments such as backache headache arthritis depression insomnia and stress

and to enhance general health and well being

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