

5 steps

The Alexander Technique

01

OBSERVE

Simply observe, change nothing, be curious and pay attention to your body, support and environment

Nothing to change
Nothing to correct
Nothing to do

Stopping your habits is an activity in itself

02

STOP

03

THINK

Think, in such a way, that your joints become freer, your body releases tension so you can restore your easy height and posture in any activity

You have choices:

- to carry on
- to do something different
- to do nothing

04

CHOOSE

05

MOVE

Put these all together at the same time and move off easily in your chosen way - freer, lighter and easier. Repeat all 5 steps often.