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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

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Helps get rid of tension in your body and relieves problems such as back pain, neck ache, sore shoulders and other musculoskeletal problems.

Alexander technique - NHS

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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.

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The Alexander Technique Complete
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

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activities...” “The Alexander Technique is an intelligent way to solve body problems.”

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The Alexander technique focuses on teaching your body how to move in a

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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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