

Testimonials

"I now have a better idea of how I can take care of my own body use when working with my clients."

M.M. Masseur

"It helps you discover for yourself where you need to change your habits of movement."

J.V. Home Duties

"I feel more centered and focused in myself as a person, as if my core is stronger. After each session I feel very calm and peaceful."

J.R. Chiropractor

"I've learnt to 'listen' to my body, to understand how to stop putting pressure on so many parts of myself."

J.Mc, P.A.

"I have always found the Alexander Technique to be an excellent way of helping patients address chronic back and neck pain related to postural and occupational problems."

Dr B. Nicholls, Osteopath
Victoria University

History of the Alexander Technique

F.M. Alexander (1869-1955) developed vocal problems from a young age whilst performing on stage in Melbourne. When doctors couldn't help him, he spent several years observing himself in mirrors and discovered a whole "body-pattern of misuse" which was contributing to his problem. After overcoming his own situation he moved to London in 1904, where he remained. His unique method, effectively re-educates people back to good health.

Matthew Wasley's History

Matthew was diagnosed with Scheuermann's Disease and Fibromyalgia by the age of 23. A five year search led to the Alexander Technique which revolutionised his own health and perspectives on pain, through self-empowered learning instead of constant therapeutic treatments.

Further Information

Private Health Rebates are available. Please inquire whether your fund is supported.

Lessons and workshops by appointment. Workshops are conducted periodically in addition to Free Information sessions. Check the website for details.

Personal commitment, an open mind and patience is required for change.



Matthew Wasley m-AUSTAT
Teaching Director

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NORTH FITZROY & RINGWOOD 0422 517 738



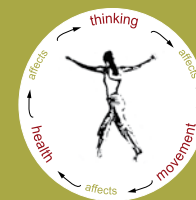
Paul Cook m-AUSTAT
Marketing Director

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The Alexander Technique

The Australian Society of Teachers of the Alexander Technique (AUSTAT) requires members to complete a three year, full-time training course at an internationally recognised training school. AUSTAT is affiliated with (STAT), London. (c.1958) A list of qualified teachers in your area can be obtained from: www.alexandertechnique.org.au

BALANCE
Mind - Movement - Self



What is the Alexander Technique...?

It is a skill which can be learnt and applied to all activities in everyday life. The learning process facilitates greater understanding of how our thinking, movement and feelings influence health. It is a whole-self approach to self-care.

What is the logic?

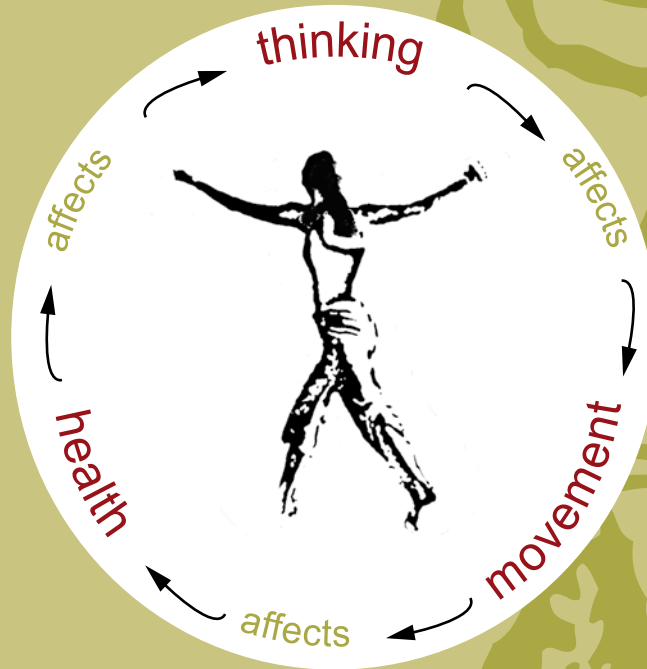
Our processes of thinking and movement can begin to interfere with natural body systems over time as everything we do involves contraction. The effort used is automatic, and only brought to our attention when tensions have built causing symptoms of conflict in daily life, e.g: RSI, back pain, headaches, learning difficulties, and stress.

Kinaesthetic awareness

Calculation of the effort required for a particular activity, relies on the kinaesthetic sense (aka the sixth sense). Because our habits FEEL NORMAL, it's nearly impossible to know how to do things differently as we rely on "feeling normal" to tell us where we are in space – a paradoxical situation. In other words, we've become used to our imbalanced condition through unconscious habit.

A skill for life

By becoming more observant of our habitual reactions, fresh choices can be made in the space created between stimulus and response, thus allowing change.



A typical lesson

A teacher uses their hands and some verbal guidance encouraging a specific quality of muscle tone in the performance of simple tasks such as sitting in a chair. Clarity of thought and intention is learnt whilst not interfering with the natural systems that keep us upright, breathing and moving. In this way, the effortless equilibrium we knew as a child is restored – the difference being: it is achieved consciously.

Your next step

The Alexander Technique is taught individually and in group classes. Here you gradually develop a new sense of what you are ACTUALLY doing in everyday activities. This reduces the need for specific exercises and stretching in most cases, as your normal daily routine becomes the program. Like any special skill, it can be constantly refined.

Who uses it...?

Actors and performers have studied the Alexander Technique for 100 years as a method for enhancing their craft. Members of the Royal Family have also taken lessons to refine their public personas. Elite sportsmen, musicians and people wanting to enhance performance in specialised skills also take lessons.

For general health, the Alexander Technique is an invaluable tool — empowering the individual with choices in the control of chronic pain, postural issues and rehabilitation from injury.

*“Change involves
carrying out an activity
against the habit of life.”*

F.M. ALEXANDER

www.alextechmelb.com

*“Trying is only emphasising
the thing we know already.”*

F.M. ALEXANDER