



Alexander Technique

What is it?

The Alexander Technique is a "mind-body" method that helps us improve coordination and ease of movement by addressing both the physical and mental aspects of our functioning.

Through the process of learning the technique we become aware of unconscious patterns of misuse and inefficiency. And, we develop the tools needed to change these patterns so that a new, and easier way of functioning can take place.

Self Practice Experience 1

Begin by sitting at your instrument or with it in hand. Play/sing a short passage (a few phrase will do), and then stop. Notice the sensations in your body. How does your body feel? Also, how did the music sound?

Okay, we are going to perform it again, but first: Pause, notice your feet on the floor. Notice the sensation of the contact on the bottom of your feet...

Good.... Now, ask your feet to "let go into the floor".

Perform the phrase again while continuing to ask this of your feet.

How was that different? How did it sound? Did it feel different in your body?

Self Practice 2

Either Sitting or Standing - become aware of the top of your head. If you'd like, take your hand and tap on the top of your head..feel the bony sensation of your skull.

Now become aware of the space between the top of your head and the ceiling...just notice what happens..

How does your body respond to this new spatial awareness?

“Hint” did you get taller?

Play or sing while you maintain this awareness.