



Suzanne Duncanson - Alexander Technique

What is the Alexander Technique?

The Alexander Technique is a process of re-education which teaches us how to use ourselves better and avoid the stresses and strains of everyday life.

Why the Alexander Technique?

It helps us to achieve the following:

- perform better (actors, musicians, athletes)
- improve our quality of life
- increase self-awareness
- become more alert
- change the habits of a lifetime



We learn how to flow into movement with awareness and minimum effort. We look after our means-whereby and find a quieter and yet more dynamic tone and quality in our actions. The Alexander Technique enables us to direct our thinking in such a way that we change how we habitually use ourselves. And in so doing prevent the neck and back pain or stress that we tend to experience.

How is this achieved?

Group sessions and 1-2-1 lessons with a qualified teacher who has trained for 3 years (1600 hours) in a STAT registered training course. They will guide you into a new experience of balance and coordination in whatever activity you wish to perform.

A course of group sessions or 10 - 20 individual lessons will provide a good basis for ongoing change.