

Bonne Santé

Therapy Centre

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THE ALEXANDER TECHNIQUE

The most important piece of equipment that you use in the day is not your computer, mobile phone or car its your body.

Yet very few people are really aware of how they use their body, the damage they do to themselves unnecessarily, or how they can improve their natural balance, poise and co-ordination.

The Alexander Technique is aimed at re-establishing your natural good use, so that instead of using too much tension in your body to do things, you are able to use just the appropriate amount.

Through a mixture of verbal explanation and hands on work your teacher will help you understand how you can help yourself to identify your tension patterns, and how you can prevent them.

With this process of re-educating, lessons in the Alexander Technique can help you prevent or alleviate conditions associated with undue tension or poor posture.

These include:

- Back Pain
- Joint problems
- Breathing disorders
- Stress related problems

And through this fun and interesting approach, you learn how to

- Improve your overall posture
- Improve your natural co-ordination
- React differently to stressful situations
- Regain natural lightness of movement
- Reduce wear and tear on the joints

The Alexander Technique is a skill for life, to be learnt, applied and used in all that you do, so that you have real CHOICE in how you approach tasks and life, instead of being dictated to be old habits.

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients