



Here are just some of the things you will learn about in Alexander Technique lessons with Jane Gregory:

- **Keeping the Neck Free**

The head/neck/back relationship is the key to good body use. Release the neck and the whole spine will free, giving you more mobility.

- **Balance**

The human body is a stack of 200 bones with a 10-pound weight (your head) perched on top! With this in mind, it's easy to see why balance is crucial to good function and performance.

- **The Power of Thinking**

If you wanted to do something, to stand up for example, you would just 'think it' and it would happen. You can use the same thinking power to release unwanted tension in the body.

- **Undoing Rather than Doing**

Alexander Technique is about undoing things. For instance, instead of pulling your shoulders back, and forcing yourself to sit up straight, you can get the same effect by undoing. Think of the body releasing upwards, from the hip joints up to the throat and then allow the chest to widen by letting the shoulders release away from each other.

- **Habits**

FM Alexander said, "Stop doing the wrong thing and the right thing will do itself". We get in the way of our own good functioning with our habits – and we aren't even aware of what they are. You can learn to recognise your habits and stop them from pulling your body out of balance.

- **Mapping the Body**

If your general 'map' of where things are in the body is accurate, you will be able to use the body more efficiently. It's the same principle as reading the manual before using a piece of equipment.

- **Independence of the neck**

If we think of the neck as the 5th limb, we can keep the neck independent from the movement of arms and legs. (Important for all of us, but crucial for sports and music performance.)