



No amount of advice can replace a one-to-one session with an Alexander Technique teacher, but here are some suggestions for you to use as you go about your daily life:

- Let the eyes lead when turning the head for a smooth rotation and better balance
- Newton's 3rd law of motion tells us that anti-gravity is equal to gravity, so let the ground support you
- Sit on your two sitting bones (if you sit on a hard stool you will feel these underneath you – they should both be in equal contact with the chair)
- To move forwards when sitting, allow your torso to hinge at the hip joints, instead of collapsing forward
- When picking up anything, for example the phone, or a tea cup, let your fingers lead – this will remind you to use less tension
- Keep your feet flat on floor to activate your postural reflexes
- Let images come to your eyes, not the other way round – you will keep your eyes softer
- When bending down, release at the ankles, knees and hips

Here are some questions you can ask yourself to become more aware of what you are doing with your body:

Keep in mind that you can change anything just by thinking it.

- Are you allowing your jaw to soften?
- Can you let go of your fingers, hands, wrists, elbows, armpits, shoulders?
- Are you releasing up the front of the body from the hip joints all the way up to the throat?
- Are you widening across the chest from shoulder to shoulder?
- Are you really allowing your legs to be free?
- Are your feet spreading out onto the floor?
- Is approx. half of your body weight back on your heels when standing?  
(keep softening the heels as you do this)
- Have you softened behind the knees? (i.e. not braced them back)