



Complementary & Natural  
Healthcare Council

## Alexander Technique

### What is Alexander technique

The Alexander Technique works by helping an individual to identify and prevent the harmful postural habits that aggravate, or may be the cause of, stress, pain and under-performance.

An Alexander technique teacher will advise individuals how to look at the way they move, stay still, breathe, learn, organise our awareness and focus their attention, and how they choose to react in increasingly demanding situations.

The technique works through re-establishing the natural relationship between the head, the neck and the back - the "core" of the body that supports the strength of the limbs and which provides the structural environment for breathing and for the internal organs.

### An Alexander technique lesson

An Alexander technique session is not about being treated - it is about learning from a teacher the ways in which an individual can apply the technique to their own lives. The number of lessons taken can be discussed with the teacher and depends on particular needs and goals.

A teacher will use gentle hands-on guidance and verbal explanations to help an individual find ease and balance within themselves in simple movements and everyday activities such as sitting, standing, walking or bending.

### How Alexander technique may help

Learning Alexander technique may help release tension and rediscover balance of mind and body. With increased awareness, it may allow individuals become poised without stiffness, move gracefully and powerfully with less effort, alert and focused with less strain, breathe and speak more easily and freely and calm and confident. Individuals study the Alexander Technique because of a desire for change. They may be seeking relief from pain, stress or injury. They may wish to enhance the quality of their performance and/or to improve the quality of their lives in general.

### Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of Alexander technique.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health, can help when choosing a practitioner who meets the national standards of practice in Alexander technique: it has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website [www.cnhc.org.uk](http://www.cnhc.org.uk) or by contacting the Alexander Technique Professional Association Forum at [www.atvsrg.org.uk](http://www.atvsrg.org.uk).