



Complementary & Natural
Healthcare Council

Alexander Technique

What is Alexander Technique

The Alexander Technique helps an individual to identify and prevent the harmful habitual problems in their approach to activities which may bring about stress, pain and under-performance.

An Alexander Technique teacher will encourage individuals to look at everything they do – the way they move, stay still, breathe, learn, focus their attention and how they choose to react in increasingly demanding situations in a flexible and adaptable way.

The Technique works through re-establishing the natural relationship between the head, neck and body. This is thought to help learners reduce interference with the working of their innate mechanisms of balance and coordination and provides a better functional environment for all activity.

An Alexander Technique Lesson

An Alexander Technique lesson is not about a learner receiving treatment; - rather it is about them learning to apply the Technique to their own life. 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 as well as more specific activities such as playing an instrument, playing sport or dancing.

How Alexander Technique may help

Learning the Alexander Technique may help an individual to let go of unnecessary tension and develop a more balanced sense of self. With increased awareness, individuals may learn to become poised without stiffness, move gracefully and powerfully with less effort ;become more alert and focused with less strain, breathe and speak more easily and freely and calm and confident. Individuals study the Alexander Technique for a variety reasons. 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 teacher 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.