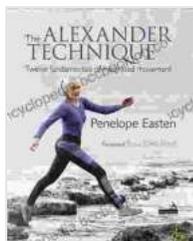


The Alexander Technique: Twelve Fundamentals of Integrated Movement

The Alexander Technique is a mind-body technique that helps people improve their posture, reduce pain, and move with greater ease and efficiency. It was developed by F.M. Alexander, an Australian actor who suffered from chronic vocal problems. Alexander discovered that his vocal problems were caused by tension in his body, and he developed a series of exercises to help himself overcome this tension.



The Alexander Technique: Twelve fundamentals of integrated movement by Abdul El-Sayed

★★★★☆ 4.5 out of 5

Language : English
File size : 80595 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 371 pages
Screen Reader : Supported



The Alexander Technique is based on the idea that the body is a unified whole and that all movement is interconnected. When we move, we use our entire body, not just our muscles. If we are tense in one part of our body, it will affect our movement in other parts of our body. For example, if we are tense in our neck, it will affect our posture and our ability to breathe.

The Alexander Technique teaches us how to release tension in our bodies and move with greater ease and efficiency. The twelve fundamentals of the Alexander Technique are:

1. **Inhibition:** The ability to stop an unwanted movement before it starts.
2. **Direction:** The ability to direct movement in a specific direction.
3. **Control:** The ability to control the speed and force of movement.
4. **Primary Control:** The ability to control the relationship between the head, neck, and spine.
5. **Expansion:** The ability to lengthen and widen the spine.
6. **Support:** The ability to use the bones and muscles of the body to support movement.
7. **Release:** The ability to let go of tension in the body.
8. **Coordination:** The ability to coordinate the movement of different parts of the body.
9. **Balance:** The ability to maintain a stable and balanced posture.
10. **Timing:** The ability to move with a sense of rhythm and flow.
11. **Integration:** The ability to bring all of the fundamentals together into a seamless and integrated movement.
12. **Habit:** The ability to make the Alexander Technique a habit so that it becomes a natural part of our everyday movement.

The Alexander Technique can be used to improve posture, reduce pain, and enhance performance in a variety of activities, including sports, music,

and dance. It can also be used to help people recover from injuries and improve their overall health and well-being.

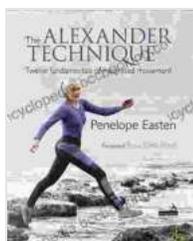
This book provides a comprehensive overview of the twelve fundamentals of the Alexander Technique, with clear instructions and exercises that can be used to improve your own movement. Whether you are a beginner or an experienced practitioner, this book will help you to learn the Alexander Technique and improve your movement.

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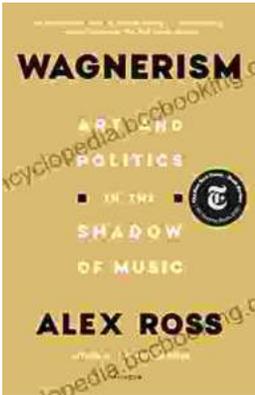


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