

CHANGE YOUR HABITS TO CHANGE YOUR LIFE

In my talk, we will explore how the Alexander Technique offers a pathway to cultivating both physical and emotional resilience. We'll examine how the often-unconscious habits of movement, thought, and behaviour govern our daily lives whether at work, rest, or play.

Recognising these patterns offers profound insight into how they shape our well-being and influence how we respond to life's challenges. Understanding and consciously addressing these habitual patterns can be deeply empowering, altering how we perceive ourselves and the world around us.

As we develop from childhood into adulthood, we all form patterns of use some helpful, others harmful which, over time, are mostly performed unconsciously. As a result, we often only notice the harmful ones when we begin to feel unease: back or neck pain, headaches, migraines, or simply a sense of being out of control. These common discomforts can gradually lead to low motivation, diminished self-esteem, and even depression.

Left unattended, such patterns can undermine both physical health and emotional well-being.

Today, more than ever, there is a pressing need to equip both adults and children with the tools to identify and transform these ingrained habits, thereby restoring clarity, ease, and confidence.

The talk will examine F. M. Alexander's pioneering work on mind-body unity and its relevance to understanding the formation of habitual patterns. We will also consider practical methods to move with greater mechanical advantage, refine coordination, and apply the principle of "inhibition" to interrupt and revise unconscious reactions.

"The Alexander Technique is not about doing more it is about doing less, more consciously. And in that space, we rediscover the ease, balance, and clarity that were ours all along."

F. M. Alexander's Quote:

"For in the mind of man lies the secret of his ability to resist, to conquer and finally govern the circumstances of his life".

"The great phase in man's advancement is that in which he passes from subconscious to conscious control of his own mind and body"

"You translate everything, whether physical, mental, or spiritual, into muscular tension."

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