

The Professional Association of Alexander Teachers



A new online course for beginners in the Alexander Technique

The Alexander Technique is a practical means for personal change that anyone can choose to apply to their lives.

Whether you need help with posture, balance or movement, input into skills & interests, or simply wish to gain more control over your life, the Alexander Technique offers a great way for you to make the changes you seek.

This course is for people who have little or no practical experience of the Alexander Technique. It allows you to begin to explore the possibilities of the Technique, in a supportive group situation.

Completing an introductory course can give you enough insight to enable you to consider how to continue learning the Technique & begin to apply it to your life.

During the course, we explore the Technique through a mixture of practical work & discussion led by experienced PAAT teachers.

When: The course comprises 8 sessions from 6:00 - 7:15/7:30pm (London time) on Tuesday evenings from 11th January to 1st March 2022.

Cost: The fee for this 8-week course is £60.

For further details or to register your interest contact:

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Introductory Course in the Alexander Technique

We're all challenged by life, which is constantly changing. At times, these changes are positive and at others, less so. However resilient we are, changes can be difficult to cope with. Whatever we are faced with or engaged in, we are the constant. Our responses in any given situation, are interconnected throughout our whole system, i.e. our psycho-physical self.

Life can be harder when we habitually use more muscular effort than required in simply being upright. The Alexander Technique helps us begin to become aware of the unnecessary effort by exploring our responses to 'everyday' activities e.g. standing, walking, sitting or working at a screen. Through the Technique we can develop the skill of 'noticing' and become more aware of how we engage the whole of ourselves in activity. As we become more aware, we can gain insights through learning processes that we can apply more widely in our lives.

The Alexander Technique is underpinned by biomechanics, and gives us a tool to bring about the changes we wish to make. This introductory course offers the space to discover that balance, movement and stillness, can be a source of pleasure throughout the day. The course provides a gentle and enjoyable introduction to the Alexander Technique, in a supportive environment. All you need is an open and enquiring mind.