
Alexander Technique

Integrative Alexander Technique Practice for Performing Artists
A Practical Guide for Actors
Guided Lessons for Students of the Alexander Technique
The Essential Writings of F. Matthias Alexander
Principles of the Alexander Technique
What it is, how it works, and what it can do for you Second Edition
Natural Poise for Health
The Alexander Technique
Skills and Inspirations for Well-being
A Musician's Guide to the Alexander Technique
Alexander Technique
A Guide to Better Pregnancy, Natural Childbirth and Parenthood
Principles of the Alexander Technique
A Complete Course in How to Hold and Use Your Body for Maximum Energy
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A Practical Program for Health, Poise, and Fitness
The Alexander Technique
An Introduction to the Alexander Technique
Twelve Fundamentals of Integrated Movement
Living the Alexander Technique
Indirect Procedures
A Step-by-step Guide
Body Learning
Indirect Procedures
A Manual for Students
Living the Alexander Technique Volume II
Banish Back Pain with Alexander Technique: Flash
A Musician's Guide to the Alexander Technique
A Skill for Life - Fully Revised Second Edition
A Skill for Life - Fully Revised Second Edition
Alexander Technique
Active Pathways to Integrative Practice
The Alexander Technique Birth Book
Interviews with Nine Senior Teachers
The Revolutionary Way to Use Your Body for Total Energy
The Alexander Technique
Body Learning: 40th anniversary edition

HOLLAND DILLON

Integrative Alexander Technique Practice for Performing Artists Off the Common Books
An educational method used to improve performance, the Alexander Technique teaches people to replace unnecessary muscular and mental effort with consciously coordinated responses, maximizing effectiveness while also relieving, if necessary, any chronic stiffness or stress. Integrative Alexander Technique Practice for Performing Artists brings together the empirical research of Cathy Madden, a teacher and coach with more than thirty-five years of experience with the technique. She addresses common concerns, such as concentration, relaxation, disciplinespecific techniques, warm-ups, performer/audience relationships, stage fright, and critical responses, and explores the role of the senses, emotions, learned behavior, human consciousness studies, and neuroscience in the application of the techniques.

A Practical Guide for Actors Aurum

"Two experienced dance teachers and professionals, one from the world of modern dance and the other from ballet explore the movement system developed by F.M. Alexander in the early 20th century. Alexander Technique is a method that teaches people to move with a greater degree of ease and coordination. The technique is applicable to all people, not just dancers and performers, and involves becoming aware of habitual patterns of movement which interfere with optimal movement efficiency. The expected outcome of learning the Alexander Technique is an increased level of psychomotor coordination, and ease and efficiency of motion in both everyday activities and specific movement practices such as dancing. In this study of the authors incorporate of what is known as the Dart Procedures which the authors believe help illustrate the application of Alexander techniques. Of primary interest to dance educators this book will also be useful to practitioners in music education, dance therapy, Yoga, Pilates, and other bodywork fields. More than 150 photos and an accompanying DVD with film clips illustrate movement examples"--Provided by publisher.

Guided Lessons for Students of the Alexander Technique Oxford University Press

One of the best-known systems of movement therapy, the Alexander Technique keeps the body supple and responsive. This beautifully illustrated handbook explains the principles and practice of the Alexander Technique, which is an excellent system for overcoming stress and stress-related disorders including neck, back, and joint pains. Full-color illustrations throughout.

The Essential Writings of F. Matthias Alexander Jessica Kingsley Publishers

Nine distinguished teachers of the Alexander Technique speak with Ruth Rootberg about their lives, their work, and their approach to using their Alexander skills as they face aging, loss of loved ones, and the challenges of illness and injury. With over 400 years of combined teaching experience, they reveal how the Alexander Technique provides a dependable pathway to meet the ongoing challenges of daily living. This book is a wonderful resource for Alexander Technique students, teachers, and anyone who seeks models of aging with dignity and passion. "Students and teachers of the Alexander Technique will gain valuable and thought-provoking insights from these personal

stories and life lessons, generously shared by master teachers of the profession." — Missy Vineyard Ehrgood, Teacher of the Alexander Technique and author of *How you Stand, How you Move, How you Live* "In an age that 'worships youth' it is important to learn to overcome our fear of growing older and, ultimately, of death. This is an important book because it gives you a template for aging gracefully. The spirit of enjoying whatever each day brings and of continual learning at every stage of life infuses each of these master teachers as they discuss the Alexander Technique as a practical tool that allows life to be 'just a little easier.'" — Michael Frederick, Alexander Technique Teacher, training director, and founding director of the International Congresses on the Alexander Technique. "I think it would be wonderful if, when a person turns 65 and receives a Medicare card, eligibility for the card would require lessons in the Alexander Technique." — Sarnie Ogus Alexander Technique teacher

Principles of the Alexander Technique Collins & Brown

This is a simple to read introduction to the Alexander Technique and was specifically written for those who know little or nothing about the Technique. The book helps to de-mystify the Technique and give a clear and concise account of what the Alexander can do for you and how it can help a variety of ailments including backache, headaches, asthma, high blood pressure, stress and depression. A simple account Alexander's discovery and how he devised his technique is included as well as a chapter on how to begin helping yourself, what you can expect from an Alexander lesson and how to find a teacher. A valuable, yet inexpensive gift for anyone who could benefit from Alexander lessons yet knows little or nothing about the technique. Illustrated with line drawings.

What it is, how it works, and what it can do for you Second Edition Element Books Limited

A musician's life is filled with many stressful situations: passing auditions, rehearsing and performing with difficult partners, sitting for long hours in uncomfortable chairs, going on stage to face audiences large and small, who may or may not be receptive to the performance they are presented. And yet many musicians are able to surmount these looming obstacles with grace and balance, to find satisfaction and artistry in their music and build productive and lasting careers. Indirect Procedures will guide you around these obstacles and along that path to becoming a balanced and successful musician. Based on the work of Frederick Matthias Alexander, this book is a thorough and practical approach to the issues of musicians' health and wellbeing. Author Pedro de Alcantara introduces concepts and exercises for musicians to let go of excessive tensions, stay focused, and direct their energies as they handle the challenges of practicing, rehearsing, and performing. Complemented by an extensive, easy-to-use companion website, and working alongside Integrated Practice, this new edition of Indirect Procedures is an invaluable and essential resource for today's musicians to learn to sing, play, and conduct with less effort and stronger results.

Natural Poise for Health Singing Dragon

Thoughtful and accessible, this guidebook unpacks the teaching process of the Alexander Technique for new and more experienced practitioners. By demonstrating the pathway from learning the Alexander Technique for oneself to teaching it, Madden identifies the skill sets required for excellence in teaching the Alexander Technique, and shows readers how they can acquire and

develop these skills themselves. Observation, communication and tactile skills are all covered, and particular attention is paid to group teaching, which is neglected in current literature. This is combined with discussion of current research on education and neuroscience, enabling the reader to build a truly informed and effective practice. Featuring a variety of examples and stories, it will prove a valuable resource to any teacher of the Alexander Technique, both active and prospective, and to practitioners of other modalities exploring ways to deepen their practice.

The Alexander Technique Singing Dragon

"This book presents selected writings of famous Australian F. Matthias Alexander, now recognized as the twentieth-century pioneer of body-mind coordination."--Back cover.

Skills and Inspirations for Well-being A&C Black

This book gets back to the core of the Alexander Technique (AT), much of which is not known even to most teachers. This is because Alexander (1869-1955) changed what he was doing at least three times, around 1912, 1923, and 1930, each time leaving key elements behind, unexplained. These lost elements include natural breathing, his biomechanics to alter the body for ourselves, the real thought processes of his directions, how he used inhibition and quiet attentiveness to discover intrinsic movement patterns, and how he used vision as part of his process. There are snippets of AT history throughout, and a potted history of what really happened in the AT, as it has not been told before, but the emphasis is on AT in the context of integrated movement.

A Musician's Guide to the Alexander Technique Scarecrow Press

F. M. Alexander was the first to master and teach the secret of successful body dynamics--balanced physical use with minimum stress and tension. This book is by his foremost student.

Alexander Technique Bloomsbury Publishing

To live is to face problems and to find solutions for them. We do so consciously or unconsciously, using intuition, reason, imagination and many other faculties. We notice a situation, we draw conclusions from what we see, hear and feel, and we act on our conclusions in a constant process of observation, analysis and remedy. 'My shoulders are tight, because I am under a lot of stress, I need a good massage.' We observe a problem (tight shoulders), analyse the cause (stress) and seek a remedy for it (the massage). But what if we have misunderstood the problem? What if our description of the problem is based on false perceptions, or our analysis on false assumptions? What if the solution aggravates the problem? This book is about our suppositions, habits and behaviours. It is about posture and attitude, tension and relaxation, movement and rest. It is about interpersonal relationships, sports and performing arts. Above all, it is about embodied emotions and the body that thinks and feels. In this fully revised new edition, Pedro de Alcantara invites you to redefine the meaning of health and wellbeing, using the insights and tools developed by a man of genius: F.M Alexander.

A Guide to Better Pregnancy, Natural Childbirth and Parenthood University of Illinois Press

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Principles of the Alexander Technique Hodder & Stoughton

Specifically devised to alleviate backache, stiff neck and shoulders, poor breathing, bad posture, and even rheumatic pains, the Alexander Technique is designed to help every aspect of your life.'

A Complete Course in How to Hold and Use Your Body for Maximum Energy Intellect Ltd

This is a guide to understanding the revolutionary principles of F.M. Alexander and incorporating them into your everyday life. The author explains how we can 'unlearn' all our bad postural and breathing habits for increased health, confidence and vitality.

Moving Toward a More Balanced Expression of the Whole Self Bloomsbury Publishing

The world famous classic by the originator of the Alexander Technique, with a new perspective by Anthony Kingsley. Frederick Matthias Alexander was born in Tasmania in 1869. In his twenties, he became a professional reciter of dramatic pieces. After almost completely losing his voice he pioneered a method of improving the 'use' of his body musculature in all positions and movements and cured his vocal problems without medical aid. Alexander then realised that most people stood, sat and moved in a defective manner and that incorrect 'use of the self' might be the cause of much human suffering. He moved to London and established a school, publishing several books and achieving success, with recommendations from famous contemporaries such as Aldous Huxley and Sir Stafford Cripps. Alexander died in 1955 but his 'principle' lives on through the work of many teachers of his method.

Integrative Alexander Technique Practice for Performing Artists OUP USA

The Alexander Technique was developed by an Australian actor, F. Matthias Alexander, to improve the way the body is used by treating mind and body as a whole. Long popular with actors and dancers because of the stamina, flexibility and relaxation it offers, physiotherapists and doctors are now recommending it to help stress-related movement and posture disorders. Providing a complete programme of procedures to follow for daily activities and sports, this groundbreaking book brings the Alexander Technique within reach of us all. Perfectly safe to use a part of your daily life, this book will help you in all you do. You will learn: how to walk, stand, sit, lift, bend and reach; how to move your body when driving, cycling, doing housework or gardening; how to get the most out of any sport, from golf and tennis to swimming and skiing; and how to devise your own self-help programme to suit your particular life-style. The Alexander Technique is not just another exercise regime but a way of life, a subtle method of changing habits and attitudes to achieve greater body awareness, improved functioning and better co-ordination. You will feel healthier and happier than perhaps ever before.

A Practical Program for Health, Poise, and Fitness Levellers Press

"An educational method used to improve performance, the Alexander Technique teaches people to replace unnecessary muscular and mental effort with consciously coordinated responses, maximizing effectiveness while also relieving, if necessary, any chronic stiffness or stress ... [The book] addresses common concerns, such as concentration, relaxation, discipline-specific techniques, warm-ups, performer/audience relationships, stage fright and critical responses ... in the application of the techniques."--Provided by publisher.

[The Alexander Technique](#) Palgrave Macmillan

Each book offers an overview of a particular type of alternative medicine in a concise format that will not overwhelm readers new to the subject. Original.

[An Introduction to the Alexander Technique](#) Souvenir Press Ltd

The Alexander Technique How to Use Your Body Without Stress Inner Traditions / Bear & Co

Twelve Fundamentals of Integrated Movement Souvenir Press

Introduction to the Alexander Technique, part of the brand-new Acting Essentials series, is the first textbook about the Alexander Technique written specially for undergraduates. This eight-week program can be taught over the course of half a semester, a full semester, or dipped into as needed to address students' issues with physicality, movement, breathing, voice and performance habits. The Alexander Technique has been a vital part of training for performers since the early 20th century. It is a core part of the curriculum at most acting conservatories and in many BFA programs. Sometimes considered purely a movement discipline, the Alexander Technique in fact takes into consideration the entire person-mind, body, voice, emotions, and imagination. Introduction to the Alexander Technique addresses the student's self as a whole and is suitable for beginning acting students in any academic setting, including those who take performance classes as an elective. The book also includes more than 150 practical, easy-to-follow exercises that help students reduce tension and improve their alignment, flexibility, and poise. The textbook is supported by a range of online videos demonstrating key exercises described throughout the book.

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