



Neck problems are virtually an occupational hazard for Ear, Nose and Throat surgeons. I had serious problems during my working years, but hoped for relief on early retirement. This was not the case and limitation of cervical (and thoracic) movement became quite an intrusion on my life. Physiotherapy and medication gave only short-term improvement. On being introduced to the Alexander Technique I was somewhat skeptical that anything was going to work, but can only describe the relief gained, and maintained, as quite incredible. General posture has improved and neck mobility has returned to that last experienced more than twenty years ago. What more could one ask for?

— **Kieran Tobin, Senior Surgeon, University College Hospital Galway Ireland.**

Alexander established not only the beginnings of a far reaching science of the apparently involuntary movements we call reflexes, but a technique of correction and self-control which forms a substantial addition to our very slender resources in personal education.

— **George Bernard Shaw, writer**

After an Alexander session it felt like someone had poured a full canister of three in one oil into my neck. After two sessions, I felt 20 years of neck tension fade away and I felt my chest naturally expand. I used to wrap myself round my instrument for years and when your head is inside the music, it's like an anaesthetic, you don't feel the discomfort but I gradually became aware of how I had been causing myself problems.

— **Máirtín O'Connor, leading traditional Irish accordion player**

I was cripplingly shy for a long time and I took up a thing called the Alexander Technique, which is the most extraordinary technique, and all of that disappeared and I can do performance and be funny and all of that without a problem now.

— **Jimmy McCarthy, singer/songwriter**

97% of people with back pain could benefit by learning the Alexander Technique – it is only a very small minority of back pain sufferers that require medical intervention such as surgery.

— **Dr Jack Stern, spinal neurosurgeon and founding partner of Brain and Spine Surgeons of New York, USA**

The Alexander Technique gave me a glimpse of the possibility of freedom.

— **Edna O'Brien, writer**

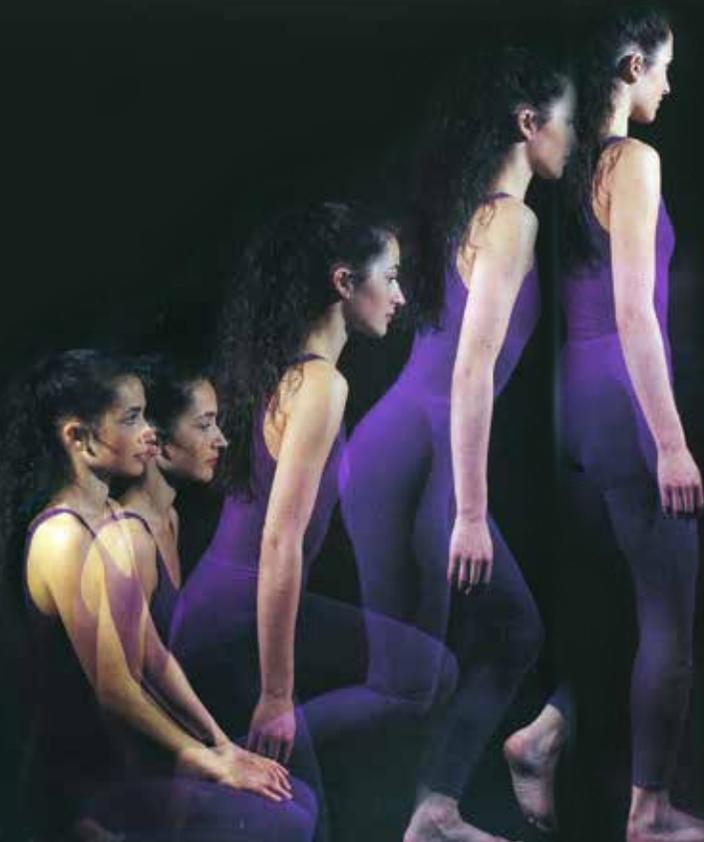
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Bringing your Life
Back into Balance



What is the Alexander Technique?

The Alexander Technique is a simple, but profound method of releasing physical, mental and emotional tension. As children we all had perfect posture, alert awareness and ease of movement, but over the years we accumulate poor postural habits. These habits can cause a build-up of tension which can affect the way we move, think and feel and this in turn can severely affect our quality of life.



How Does It Work?

Through observation, awareness and education of how the body is designed to work we can become aware of our own excessive muscular tension. With the gentle touch of the Alexander teacher's hands you can re-discover aligned posture, balance and ease of movement. With increased awareness you can discover new ways of sitting, standing and moving that put less strain on your body and this can restore good health and prevent many aches and pains that we mistakenly put down to the ageing process.



Who uses the Alexander Technique?

Many people from all walks of life use the technique for various reasons:

Relieving Pain

The technique is used by a great many people around the world to help to relieve pain. These include those suffering with back, neck or shoulder problems, other joint problems, headaches including migraine, sport and car accident injuries, whiplash, arthritis, RSI, ME, and other forms of muscular tension. An extensive research programme showed that the Alexander Technique gave people with chronic back pain long term relief.



Improving Posture

The technique is extremely effective in improving posture and many people find themselves taller and straighter without effort.

Improving breathing and voice

People with asthma and other breathing problems have found the Technique very effective in helping them to use their breathing and some claimed to be free from asthma after a course of individual lessons. Many singers, teachers and public speakers also use the technique to improve their voice without strain.

Enhancing Performance

Many runners, swimmers, horse-riders, gymnasts, acrobats and a wide variety of sportspeople have found that the Alexander Technique can improve performance as well as prevent injury.

Self-improvement

The Technique can also help self-awareness, personal confidence, assertiveness and generally enrich the quality of your life.

In fact the Alexander Technique can help nearly every area of your life as releasing excessive muscle tension can calm the mind and emotions and will help you to move through life with greater ease.

