

LIFE SIMPLIFIED

For busy women who crave balance in LIFE / HOME / HEALTH / SPIRIT #030504

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Stand, Walk, Sit with 30% Less Effort: Learn to Simplify Your Everyday Actions

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Look in the mirror when you brush your teeth. Are your shoulders hunched up around your ears? Are you gripping the toothbrush for dear life? How many places in life are we exerting energy needlessly when we could be living with less? Intellectually we all understand this, but we continue with our habit patterns.

The Alexander Technique is a way to learn to move simply, easily, and with less effort. It is a teachable, fundamental skill that helps people get rid of excess tension and poor postural habits that can be the root of many of our own illnesses.

According to an article in the November 2, 2003 issue of The Wall Street's Health Journal, doctors around the country are saying they are seeing an increasing number of posture-related health problems, mostly stemming from the fact that more people are spending hours at a time hunched over computer keyboards. According to the article, ".a surprising amount of pain that can't be explained by other means is due to posture, a condition known as 'postural syndrome' or 'postural derangement'."

We are not taught how to be aware of ourselves in a way that lets us undo these postural problems, or even better, not to create them in the first place.

For example, a study conducted in England involved attaching electrodes to people to measure the amount of muscular effort required to perform everyday acts such as sitting, standing up, and walking. Then the same actions were performed with the guidance of an Alexander teacher and on average, 20-30% less effort was needed.

Alexander Technique is a simple solution to an ever-increasing problem of personal pain and enormous loss in productivity. It fine-tunes a sense that dancers often appreciate because they are very tuned in to their bodies and movement. Alexander Technique

teaches us to pay attention to something within us that appears like anti-gravity and gives that lightness and tallness sensation. Usually we give in and relax down, however you can learn to relax UP. You can sit UP, not down, and with less effort, not more.

Through lessons in the Alexander Technique you can learn to:

- Use less physical effort when you move
- Have less wear and tear on the body
- It helps, and that can be felt in a couple of lessons
- Alexander Technique is very simple to do and you don't need any special equipment.
- It is a practical skill that no other method offers, and it will last you for life.
- It is gentle and non-invasive. It is not massage, nor chiropractic, nor exercise.

Mini-discussions about Alexander Technique will appear in future issues of Life Simplified.

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