ALEXANDER TECHNIQUE WORLDWIDE AFFILIATION

The Alexander technique, named after Frederick Matthias Alexander, teaches people how to avoid unnecessary muscular and mental tension during their daily activities. The Alexander Technique promotes a more natural way of life – ease, simplicity, freedom and efficiency. It is an educational method used worldwide for over 100 years. By teaching how to change faulty habits, it helps reduce and prevent problems caused by unhelpful habits.

Resources, Articles, History, Teacher Training - The Definitive Guide to the Alexander Technique

On this site you will find a compilation of blogs by Alexander Technique teachers, trainees, students and pupils from around the world. They contain a wealth of information and resources.

- The Complete Guide to the Alexander Technique Aug 16, 2008 - 6 min - Uploaded by Jane Kosminsky

Excerpts from a full DVD introduction to the Alexander Technique with Academy Award®-winner. Alexander Technique Blogs Featuring the Best Alexander. Alexander Technique teacher training program, Denver, Colorado. We offer an AmSAT approved traditional course as well as shorter programs.

- Alexander Technique PosturePage.com The Alexander Technique, founded by the late F. M. Alexander, is a way to feel better, and move in a more relaxed and comfortable way the way nature intended. It’s a way to release harmful tension.

- Alexander Technique International Clear, concise definitions and descriptions of the Alexander Technique and information about ways in which it can be used. The Alexander Technique American Society for the Alexander Technique.

- Private instruction in the Alexander Technique to improve posture, movement, vocal and performance techniques, in the performing arts, sports and everyday life. American Society for the Alexander Technique.

AmSAT Comprehensive information about training to become an Alexander Technique teacher: How to find a course, advice, certification requirements and more.


- The Alexander Technique Educational Center Comprehensive independent guide to all Alexander Technique resources worldwide: find a teacher, self-study, medical endorsements, videos, books. .

- Alexander Technique Teacher Training AmSAT American Society for the Alexander Technique is the largest professional organization of teachers of the Alexander Technique in the United States. The Alexander Technique: First Lesson - YouTube Alexander Technique teaches how to improve posture, balance, poise and flexibility by unlearning habits causing stiffness, tension and pain.


- What is the Alexander Technique? AT is an educational process which teaches people to identify and change their inefficient habits which may cause problems. Alexander Technique: The Insiders’ Guide The International Affiliation of Professional Alexander Technique Teachers. These societies maintain the highest standards training and professional conduct for Alexander Technique of San Diego - Home The Pilates Method and the Alexander Technique - comprehensive information and resources.