

An invitation to take part in research



How do women use their experiences of learning the Alexander Technique in the early postpartum?

Nicola Hanefeld, member of the Society of Teachers of the Alexander Technique (STAT), is looking for women who have taken (or are taking) Alexander lessons and have given birth within the last 9 months and are willing to be interviewed on their experiences. Pregnant women with AT experience are also invited to join the study and be interviewed later in the year.

If you are interested, please visit www.speek.de/research or the STAT website www.alexandertechnique.co.uk for more information. The researcher can be reached via email and is happy to ring you and answer questions about the research plans and send you further details.

Write to her at n.hanefeld@2017.hull.ac.uk indicating when she can best reach you.

----- (cut along this line)

An invitation to take part in research



How do women use their experiences of learning the Alexander Technique in the early postpartum?

Nicola Hanefeld, member of the Society of Teachers of the Alexander Technique (STAT), is looking for women who have taken (or are taking) Alexander lessons and have given birth within the last 9 months and are willing to be interviewed on their experiences. Pregnant women with AT experience are also invited to join the study and be interviewed later in the year.

If you are interested, please visit www.speek.de/research or the STAT website www.alexandertechnique.co.uk for more information. The researcher can be reached via email and is happy to ring you and answer questions about the research plans and send you further details.

Write to her at n.hanefeld@2017.hull.ac.uk indicating when she can best reach you.