

The following is from an email from someone who attended an Alexander Technique demonstration event in Wilmslow. I worked with her one-to-one for about 15 minutes after the talk.

*"Hi Peter,*

*I've just arrived home from Wilmslow. It was a fascinating and profitable experience and I have something amazing to report!*

*I live at the top of a long and daunting hill, getting on for a mile from xxxxx Station. Because of back pain and much reduced muscle power in my legs following an illness, I haven't been able even to walk that journey DOWNwards into xxxxx - I think since last summer. I waited for a few minutes at the bus stop nearest the station, then discovered there was no bus due for about half an hour. It was very cold by this time up here in the Peaks, so I decided to walk up a little towards home and see if any bus came. What happened has thrilled me to bits. I just kept walking, all uphill, with no neck or back-crunching and almost no pain and no discomfort, and suddenly realized I'd reached home and had even enjoyed the walk.*

*Just those few minutes with Andy, releasing me from my habit of tightening muscles to avoid discomfort, has worked wonders.*

*A massive thankyou is due to you for organising this event and for your very clear explanation of how the AT works and to Andy for those few moments of his demonstration of the technique.*

*All best wishes, and in hopes I'll soon be able to fix group or individual lessons"*

Not everyone has such dramatic results! But this person's experience shows the power of the technique.

I believe she went on to have lessons with a teacher near her home.