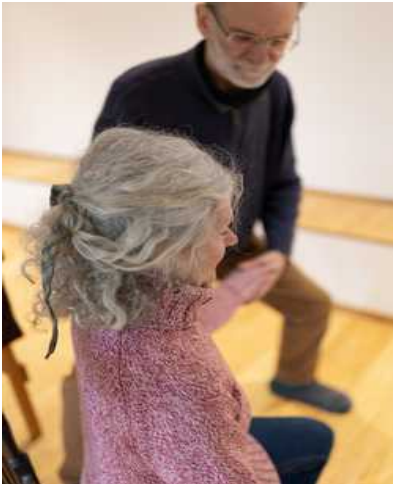


Alexander Technique group classes in Uppermill



Learn to move with freedom

Perform simple activities with better posture, less tension, improved co-ordination and greater freedom.



Course includes

- demonstrations of Alexander principles
- group games to apply the principles to simple tasks
- practical anatomy with Bob the skeleton
- question and answer sessions
- the 'active rest' exercise
- refreshment breaks
- full individual lesson with hands-on guidance

**Saturdays 1.30 – 3.00 pm
weekly 11th Jan - 15th Feb
2025 (6 weeks)
Saddleworth Museum**

Cost £110 includes 6 group classes
PLUS a full individual lesson with an
experienced STAT-registered teacher



[Andy Moorhouse MSTAT](mailto:a.t.moorse@gmail.com) 07977 598064 a.t.moorse@gmail.com
<https://alexandertechnique.co.uk/users/a-moorhouse>

What does the course involve?

Alexander Technique is usually taught with a combination of verbal instructions and hands-on guidance to help you adopt freer and more efficient patterns of movement.

In the group sessions we will learn to recognise where and how we are 'over working' in performing simple activities like getting out of a chair or writing. Most people use more postural muscle tone than they need, for example by tensing the neck or knees when they don't need to. To begin with we aim to give you guidance and practice so you can see this working in yourself.

Once you have recognised some of your habitual patterns we will introduce Alexander's techniques for 'unlearning' habits you don't need. You will then apply these techniques in action as you perform simple tasks. Taking this into your daily life should, over time, enable you to do what you need with less effort, more enjoyment and often with reduced pain. It can take time to unlearn deeply ingrained habits but most students will start to feel benefits after a few lessons.

We also learn some very basic anatomy - knowing where your joints are helps you to establish a reliable 'body map' which is important for integrated movement.

We give instruction in the semi-supine or '[active rest](#)' exercise. This is an excellent way to calm down the nervous system and give your back a rest.

In the individual lesson, the teacher will work with the hands to guide you into more efficient ways of moving. With guidance from a skilled teacher your body can learn new, more efficient postural patterns more quickly. Most students report feeling lighter and freer after these sessions and if they come with pain this is often reduced - this is probably because their body has learned to work without some of the tension that has become habitual but is not needed.

[Andy Moorhouse MSTAT](#) 07977 598064 a.t.moorse@gmail.com
<https://alexandertechnique.co.uk/users/a-moorhouse>

Who should attend?

Anyone who wants to move with more freedom including:

- Musicians and performance artists
- People with back or neck ache
- People concerned about their posture
- Sports men and women including horse riders
- Anyone using tools

What are the benefits?

- Alexander Technique has remarkable benefits for **back pain** and **neck pain** as found in clinical trials.
- Widely acclaimed by **performance artists** to help refine movements, improve voice and perform under pressure
- Lessons in Alexander Technique are proven to increase the **adaptability of postural muscle tone** which is important for flexible dynamic response.

How does it work?

- You learn clear thought processes that allow you to **stay out of the way** so that your natural and economical movements can 'do themselves'
- This involves learning how to send more helpful **signals** to the musculature as a whole - we do not aim to strengthen muscles, although that may occur
- Recent research suggests that this works by **redistributing muscle tone** from superficial muscles to deeper muscles especially of the neck and back (sometimes called the 'core').



[Andy Moorhouse MSTAT](mailto:a.t.moorse@gmail.com) 07977 598064 a.t.moorse@gmail.com
<https://alexandertechnique.co.uk/users/a-moorhouse>