

What do people see when they look at you?



Do you carry your head awkwardly in front of your body? What does that do to the alignment of your neck and back?

Why doesn't your head float like a balloon, lightly up from your shoulders?

When the head and neck are out of balance the entire structure must compensate. The resulting imbalance and compression is often at the root of many physical ailments.

Not only is it unhealthy, it also makes people look older than their years.

Good form, balanced structure and ease of movement are essential to presence, elegance and grace.

You can feel better - function better - look better...

The Alexander Technique...

Is a hands-on method for postural re-education.

Unwinds tension and restores lightness and ease.

Is a skill that can be taught.

Retrains habit patterns of movement.

Restores conscious control of the mind-body.

About the Technique...

In continuous use for over 100 years.

Offered at Memorial Sloan-Kettering Cancer Center and referrals from Stanford University Chronic Pain Clinic.

Integrated into health systems in Switzerland, Israel, England and Australia.

Taught at 50 drama and music conservatories and universities across the United States.

How is the Technique taught?

- Private lessons.
- 45-50 minutes sessions.
- Work is done fully clothed, in movement and in stillness.
- Gentle, non-invasive, educational method.

Key benefits

Reduce pain and tension:

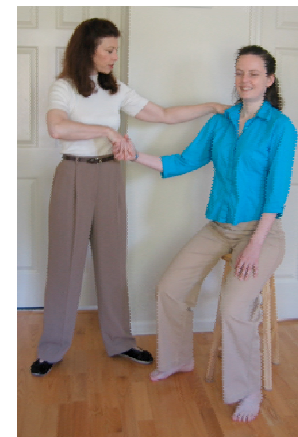
- Reduce back and neck pain
- Relieve stress and anxiety
- Restore natural alignment

Undo the effects of time:

- Stand taller
- Look younger
- Feel better

Poise and Presence:

- Move with grace and ease
- Integrate body and mind
- Live in the now



Testimonials

" I recommend the Alexander Technique as an extremely sophisticated form of rehabilitation..."

Professor N. Tinbergen, Nobel Prize for Medicine, 1973

" I have learned how to decrease symptoms of arthritis and neck and back pain... A significant improvement in my quality of life... **some people commented that I look younger...**"

Dena Dickinson, Santa Clara County Health

" I felt more relaxed, centered, strong and balanced as a whole person after each and every session..."

Cassie Dara-Abrams, Student

" I have greater speed and dexterity... It has also helped my breathing and endurance while playing..."

Carolyn Bellinger Kawahara, Harpist

References

American Society for the Alexander Technique: <http://www.alexandertech.org>

Society for Teachers of the Alexander Technique: <http://www.stat.org.uk/>

Scientific studies - benefits for back pain, Parkinson's disease, increased lung capacity
<http://www.stat.org.uk/pages/research1.htm>

Alexander Technique Studio

Dana Ben-Yehuda is a Certified Teacher of the Alexander Technique. She is a member of the American Society for the Alexander Technique, M. AmSAT, and has served as AmSAT's Media Spokesperson since 2002.

Dana has been in private practice since 2002, and is on staff at the Alexander Educational Center teacher-training course in Berkeley, CA.



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What does your image say?

Do you carry yourself with poise and presence?



Experience the Alexander Technique to reduce pain and restore natural grace and poise.

Alignment and balance are fundamental to beauty.