

Let Your Life Flow



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A basic definition of the Alexander Technique would be how to perform every activity or maintain every posture with the minimum amount of energy. The Alexander Technique teaches us how to release unnecessary muscular tension and realign the posture as we perform our everyday activities. Over 100 years ago E.M. Alexander pioneered his concept of Body/Mind unity. This is the first book to explain the Alexander Technique in terms of energy flow and how we can direct energy with our thoughts. It is also the first book to look at the psychological and spiritual implications of the Alexander Technique and how we can work with our innate Body Wisdom for inner guidance.

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