

THE ALEXANDER TECHNIQUE: A WAY TO PROMOTE EFFORTLESS POSTURE AND FLUID MOVEMENT!

NECK, BACK, OR JOINT PAIN?

DISCOVER A TOOL FOR TENSION RELEASE AND PAIN PREVENTION

You can benefit if you are:

- using computers for long hours every day
- in physically or mentally demanding occupations
- a musician, singer, actor or public speaker
- an athlete, sports enthusiast or meditator
- pregnant or caring for young children
- dealing with the aging body or caring for seniors

How does it work?

Through a gentle hands-on and verbal process of kinesthetic re-education, the Alexander Technique improves your posture and the quality of your movements by engaging both your mind and body.

Standing, sitting and moving become easy; pain decreases or disappears. As a result, your energy level increases and your overall health improves. **Even if you have a chronic condition or a medical problem, you can benefit from this work.** For instance, with chronic neck or back pain, your skeletal structure will expand in its natural space so that your muscles can relax instead of overworking. With arthritis, more space will be created in your joints, thus reducing friction. In both cases, your comfort level will naturally increase.

Most likely, you will be relieved to realize that your body is not necessarily defective, weak or worn out but simply complaining about the way it is handled. You will regain the skill of poise, which is an effortless way to better posture. You will be empowered as you recognize your potential to become, over time, your own Alexander Technique teacher.

For more information about private sessions, workshops or classes, call 617 359 7841.

Cecile Raynor, is an AMSAT & STAT* certified practitioner with a 3 year professional training in Paris, France. She has been practicing in Brookline for about twenty years, working with children, teenagers, adults and seniors. Many with medical or chronic conditions find her work

extremely helpful in reducing or eliminating discomfort or pain.

Cecile has been introducing the Alexander Technique to a variety of health professionals including physicians at the Brigham & Women Faulkner Hospital site, and health professionals at the BI/Deaconess Mind/Body Institute. She also teaches a class at the Brookline High School Continuing Education Program and taught a course at Lesley University in 2007.

33 Harvard Street
Brookline, MA 02446
(617) 359 7841
alexandertec.com

"As a physician and as a patient, I enthusiastically endorse the Alexander Technique and most highly recommend Cecile Raynor's skillful work."

~Anne Winiker, M. D.

**US and UK Societies of Alexander Technique Teachers*