

PREGNANCY, PARENTING & THE ALEXANDER TECHNIQUE

The Alexander Technique offers significant benefits for women in every stage of pregnancy, promotes the health and well-being of anyone caring for children, and nurtures the developing child.

The Alexander technique brings pregnant women better health and comfort at a time when many suffer from discomfort

or pain. This unique approach has been successful for over a century in preventing body misuse or overuse, and in resolving musculoskeletal problems. It improves patients' posture and movement through a gentle hands-on process of kinesthetic re-education engaging both mind and body.

Many pregnant women suffer from neck, back and joint discomfort and they naturally assume it is due to their pregnancy.

Not necessarily! The way you misused your body prior to pregnancy is accentuated by your growing belly and your ever-changing center of gravity. The minute

you are off-balance, your body compensates by tightening.

The vicious circle of muscular tension and misalignment can be dramatically improved by the Alexander Technique, which teaches you how to maintain effortless balance and coordination.

Often, lying on your back during pregnancy is uncomfortable, and you think this is because of the weight of the baby. Here again, not necessarily!

It is back tension resulting from misalignment which causes the discomfort. In fact, lying on your back can nurture your balance and rest your body if done with "Alexander Awareness."

During labor you may start to feel like a victim of pain. "Alexander thinking"

harnesses the power of your mind to reduce pain and often even eliminate the

need for medication. For example, you can learn how

to take advantage of gravity instead of lying back on the

bed. Also, you can learn how to "release through" contractions instead of fighting them.

A benefit to both parents, the Alexander Technique teaches you how to handle your young child without getting hurt in the process. How you do

what you do makes a big difference! Without awareness, the way you pick up and put down a child, how you hold him or her in your arms, or how you push the stroller can cause injury. Alexander Technique teachers are trained in observing individual movement patterns.

They can help parents or other caretakers move in a balanced and coordinated way.

The child's natural growth is enhanced or interfered with by the movement patterns of the

caretakers. Through touch and by example, we communicate our way of functioning. Children tend to mimic the people around them, especially their parents.

They will imitate both the healthy and the dysfunctional ways of using the body that they observe. When you learn to move efficiently and with poise through the Alexander technique, you give a lifelong gift to your children.

Certified as an Alexander technique teacher between the births of my 2 children, I was tremendously impressed by the positive difference the technique made during my second pregnancy, labor and

delivery. In fact, it has
been
enormously helpful to this
day in my approach to
parenting,
relationships and
life in general. By studying
the Alexander Technique,
you learn to free yourself
from harmful habitual
patterns
while acquiring skills
that will serve you for a
lifetime!