

Pacific Institute for the Alexander Technique

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AWARENESS

Recognize how tension and misbalance feel right or necessary.
Catch the neck pulling the head down.

PAUSING

Stop before moving into action.

WITHHOLDING RESPONSE

When you pause decide to not rush into the next action.

GIVING YOURSELF DIRECTIONS

Think and picture Release

Let your neck be free from pulling the head down.
so the head can balance and ease forward & up
so the spine can lengthen and so
the back can widen

The pause just takes a moment to complete including withholding and directions.

It does not get in the way.

Use these principles and skills all day long.