ALEXANDER TECHNIQUE MIND MAP

INHIBITION

'START BY STOPPING'
-gives time to adopt a new way of doing something

DIRECTION

WISHING OR WILLING
sending a message for positive changes in your co-ordination

CAN I DO LESS?
Thinking, not doing.

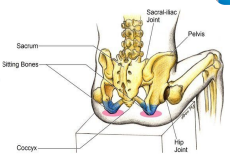
'Let the neck be free so that the head can go forward and up so that the back can lengthen and widen and the knees go forward and away.'

SEMI SUPINE
A POSITION OF MECHANICAL ADVANTAGE
Promotes awareness, expansion and tension release.
'REHEARSAL- part of tuning your instrument - YOU!'

FAULTY SENSORY APPRECIATION - YOUR HABITS FEEL NORMAL

SITTING BONES

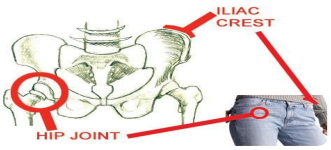
BALANCED SITTING - Erector Spinae Muscles



HIP JOINTS

IN THE TROUSER CREASE - NO HINGE JOINT AT THE WAIST (waist is for your belt only!)

MONKEY
A POSITION OF MECHANICAL ADVANTAGE - a safe way to 'bend'

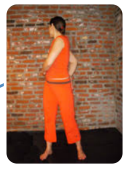


HEAD NECK BACK-
'The Primary control'
"which governs the mechanisms and so renders the control of the complex human organism comparatively simple" FMA.

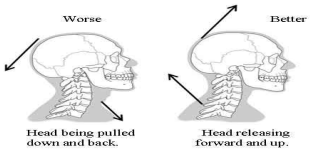
HEAD

PANORAMIC VISION
EYES LEAD THE HEAD INTO MOVEMENT
FREE THE EYES, FREE THE NECK

SPIRAL MOVEMENTS



HEAD WEIGHT ~5.5KG.
AXIS AND ATLAS VERTEBRAE BALANCE AT THE LEVEL OF THE EARS NOT THE BASE OF THE SKULL



ARMS

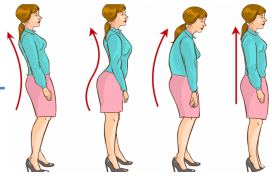
ATTACHMENT AT THE STERNUM - THE COLLAR BONE IS THE FIRST ARM BONE! ARMS MOVE FROM THE CENTRE LIKE A **BIRD'S WING**

FEET

PLUGGED-IN FEET
3 MAIN POINTS OF CONTACT - base of big toe, base of little toe and the heel.

CENTRED STANDING - WEIGHT OF THE HEAD TRAVELS DOWN THE SPINE

BBC
AM I IN BALANCE?
AM I BREATHING?
CAN I 'C' AROUND THE ROOM?



UNLOCKED ANKLES AND KNEES

BREATHING

A BREATH IS NOT TO BE TAKEN, IT'S A GIFT TO BE RECEIVED - THE IN-BREATH DOES ITSELF

WHISPERED 'AH'
BLOWING A FEATHER/SMELLING A ROSE

Su Harrison 2020.