

## What is the Alexander Technique?

The Alexander Technique is an educational process that teaches students to re-educate the way they use their bodies. The technique helps students recognize and "undo" inefficient movement habits that may cause physical distress, tension, over exertion, or fatigue. Gradually, students free themselves from these dominating habits and fixed physical ways of being. Aching backs, nagging neck, curved stiff shoulders, and slouching posture become less dominate. Students become more physically aware, allow for mobility, and use their bodies according to their natural structural design.

## What Happens During a Lesson?

Mrs. Chin analyzes your movement patterns in the course of daily routines: walking, sitting, bending, reaching, and lifting. She then guides you with both gentle touch and verbal instructions. You will gain the awareness needed to replace your faulty habits while releasing into structural balance. You will reduce inefficient postural patterns, renew structural balances and, reduce muscle tension.



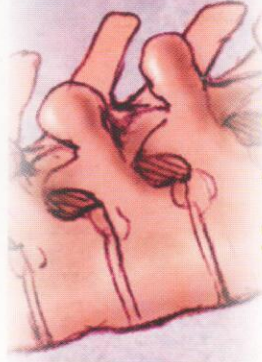
## What Can I Expect?

After a series of lessons, your postural practices will improve. Most students experience greater physical ease, breathe coordination, move more freely, feel less tension and are more energetic. Develop "kinesthetic" awareness skills in improving and restoring postural balance. Often times, pain caused by postural stress will be alleviated.

## Why Should I Study the Alexander Technique?

Life stress and tension take an extraordinary toll on your physical health and well being. Everyday activities, such as reaching, bending, lifting, driving and working with a computer contribute toward physical stress. This is often exacerbated by the repetitive-stress injuries or motions demanded by specific occupations that reduce muscle perception. Without even knowing it, you may have incorporated destructive postural habits. The Alexander Technique increases your awareness and enable you to avoid repetitive-stress injuries through replacing these bad habits with healthy principles of movement that will enhance your overall physical balance, alignment, and well being.

Through The Alexander Technique you will handle your daily tasks such as working on the computer, playing your favorite sport, lifting a toddler, playing an instrument, and talking on your cell phone while carrying your work load, with grace and ease. You will actually accomplish more and "physically" work less!



## Kecia Chin and the Alexander Technique

Kecia Chin is a nationally certified Alexander Teacher and member of the American Society for the Alexander Technique (AmSAT\*). A graduate of the Carnegie Mellon University, she began studying the Alexander Technique privately in 1988. In 1999, she received her certification from The American Center for the Alexander Technique (ACAT, NY). She assists as a volunteer faculty member at ACAT and maintains her own private practice and group seminars in Long Island and neighboring New York boroughs. She has conducted workshops at Columbia Presbyterian Hospital Complementary Care Center, Columbia University School of Physical Therapy and Nyack Hospital Maternity Post-Partum Care for New Mothers. As an instructor of Alexander Technique, her goal is movement economy; less is more.

"I want to improve my posture and walk through life with ease and without strain or pain. How can I get started?"

## Getting Started

Mrs. Chin is available for a phone consultation or by email. Please call (917) 299-5005 or email [alignyour.spine@yahoo.com](mailto:alignyour.spine@yahoo.com)

Together we can explore options and develop an effective personalized plan. Private classes, workshops, or group work are available to focus on a particular activity or specific individual need (i.e. computer work, tennis, driving, weight lifting, etc.).

