

If you have a question, please e-mail it to me at: [francesca@fgreenoak.com](mailto:francesca@fgreenoak.com)

I'll do my best to answer you.

These are a few questions that others have asked:

- *How is the Alexander Technique different from things like T'ai Chi, Pilates, Aikido, Reiki, Yoga, Osteopathy or Chiropractic.*

The Alexander Technique is neither an exercise-based regime, nor a therapy (though it has therapeutic effects). It is a learning process whereby each individual learns how to get the best functionality out of themselves in everyday living: a better effect for less effort. The distinguishing features of the Alexander Technique lie in the training to perceive imbalances and misuse, then inhibiting the misuse, and learning how to 'let the right thing do itself'. Practising the Alexander Technique usually increases skill and enjoyment in activities such as those above.

- *How might it help my bad back?*

Back pain is often the result of holding yourself badly (bad posture) or overusing certain parts of yourself at the expense of others. The Alexander Technique helps you to see where you are placing unnecessary stress and to balance your whole system.

- *Is there lots of theory? Do I have to believe lots of strange stuff?*

The Alexander Technique is a wholly practical way of improving the way you act. It underpinned by medical and scientific theory but it is not necessary for pupils to know it all, though most teachers will be glad to explain as far as they can. You don't have to believe in anything odd. The Alexander Technique is entirely practical and pragmatic. It has survived over 100 years because people have found it works.

- *Can the Alexander Technique help stress and anxiety?*

Most human beings are overtense and allow themselves to get too stressed. The Alexander Technique cannot make the world calm down, but it can help you in the way you deal with it. You can learn to react and act in a more balanced way. I have several pupils who used to suffer from panic attacks and an increasing number who come with asthma and it seems to help them.

- *What kind of training do you have?*

Like other STAT registered Alexander teachers, I have passed three years of full-time training in an approved training school to get my certificates. I had several years of lessons before training and have been working as an Alexander teacher for ten years. STAT membership involves a code of conduct and includes a full Continuing Professional Development programme.

All STAT members are listed on their web site [STAT.org.uk](http://STAT.org.uk)

- *How much does a lesson cost?*

It varies but is usually about the same as a trip to a physiotherapist, homeopath or sports therapist. My charge for the last few years has been £40 a lesson.

- *How many lessons will I need?*

This depends on your degree of need and ambition. Some people are happy when their bad back/sore neck/posture improves others get interested in continuing to develop and want to carry on lessons.

In general I discourage continuing weekly lessons because the Alexander Technique teaches you to look after yourself and dependency on teacher is not part of this. I usually suggest a few weekly lessons then spread them out progressively. Some of the pupils whom I have known for many years come perhaps once or twice a year just to make sure they are not developing new bad habits, or they return occasionally for a lesson when they know they are going to be particularly under stress.

- *Do you need a special teacher for say, horse-riding, singing, computer work or dance?*

Because the things you learn in an Alexander lesson are basic to all activity any good Alexander teacher will be able to teach you. My practice includes broadcasters, writers, doctors, actors, dancers, singers, musicians, athletes and business people (especially in IT) as well as those who have been referred by doctors or physiotherapists for persistent pain.

- *I can't afford lessons. What can I do?*

You might like to try Introductory group classes run through clinics, health centres and WEA. Many pupils start of here and then take individual lessons later. Some health and accident insurances cover lessons and in some professions you can charge lessons against tax. Always talk to a teacher though. In cases of need, there may be a way of giving some help which will get you through until you can find the time and or funds to have more lessons.