

# Download How To Learn The Alexander Technique

Alexander Technique Forum Introducing a new Facebook Group for anyone with an interest in the Alexander Technique. Click here to join! You can also follow The Complete Guide to the Alexander Technique on Facebook and Twitter to get the latest news on Alexander Technique developments worldwide - articles, videos, audio interviews and more...**THE COMPLETE GUIDE TO THE ALEXANDER TECHNIQUE. F. MATTHIAS ALEXANDER PHOTO AND VIDEO GALLERY.** F. Matthias Alexander (1869-1955) was the developer of what today is called the Alexander Technique. Below you will find several photographs of Alexander taken at different stages in his career. Clear, accurate, and informative explanations of the Alexander Technique: What AT is, how it works, and how to learn it. Resources, Articles, History, Teacher Training, Alexander Technique and Ergonomics, Performing Arts, John Dewey. The Alexander Technique, named after its creator Frederick Matthias Alexander, is an educational process that was created to retrain habitual patterns of movement and posture. Alexander believed that poor habits in posture and movement damaged spatial self-awareness as well as health, and that movement efficiency could support overall physical well-being. - How To Learn The Alexander Technique