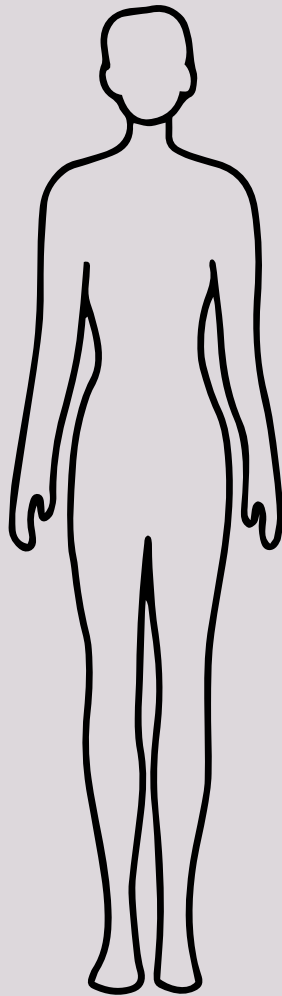


**note: this is for informational purposes only. The best way to properly work the technique is with an Alexander Technique instructor.*

ALEXANDER TECHNIQUE
**THE LIEBOWITZ
PROCEDURES**



HEAD

where is my head in relation to my neck?
how does my head sit on top of my spine?

UPPER TORSO

where is my neck in relation to the rest of my spine?
what are my shoulders doing?
what is happening in my chest and rib cage?

LOWER TORSO

what is happening in my lower back?
what is my stomach doing?
how about my pelvis?

EXTREMITIES

what is happening with my arms?
what are my legs doing?

**note: this is for informational purposes only. The best way to properly work the technique is with an Alexander Technique instructor.*

ALEXANDER TECHNIQUE MANTRAS

"Let my neck be free, to let my head go forward and up, to let my torso lengthen and widen, to let my legs release away from my torso, and let my shoulders widen!"

I can free any limitations I've set upon my body.

In leaving myself alone, I will learn and grow in the way it's supposed to happen.

Instead of following my habit, I will... [let my neck be free, etc.], and I will continue to inhibit my habit as I direct and carry out a movement.¹

The more I know and understand my body, the more flexible and free my movements will be.

I choose for my mind and body to work in tandem to reach a closer bodily harmony.²

I accept that the Alexander Technique will affect my physical, mental, and emotional being so I can fully explore my potential.³

*pulled from The Alexander Technique by
Judith Liebowitz and Bill Cunningham*



Intro to Alexander

[How does the Alexander Technique Work?](#) by Science Animated

[Change Your Life with the Alexander Technique](#) by August Berger via TEDx

[The Alexander Technique: First Lesson](#) by Jane Kosminsky and William Hurt

Alexander Technique Exercises

[Constructive Rest](#) by Morgan Rysdon

[A Quick Alexander Technique Exercise to Reset Your Posture At Your Desk](#) by Movement and Posture

[Easy Tension Release Exercise: Ticking Down](#) by Freedom in Motion Alexander Technique

CREDITS

¹*The Alexander Technique* by Judith Liebowitz and Bill Connington page 47

²*The Alexander Technique* by Judith Liebowitz and Bill Connington page 73

³*The Alexander Technique* by Judith Liebowitz and Bill Connington page 83

all Youtube sources credited in their links



Questions?

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