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February 11, 1997 by

Danny McGowan

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Following years of self-experimentation,

awareness, and introspection,

Australian F. Matthias Alexander (1869-1955) came to one conclusion - the human mind and body are an inseparable whole.

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reflections on the
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as I work with
musicians and
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principles of the Alexander Technique. Included are key elements from his seminal writings "Man's Supreme Inheritance and Constructive Conscious Control of the Individual".

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The Alexander Technique, named after its creator

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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. He saw the technique as a

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mental training

technique as well.

Alexander began

developing his

technique's principles

in the 1890s in an

attempt

Alexander Technique - Wikipedia

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Alexander's writings,
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Joseph Pilates* and F.

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will be struck by the

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parallels between their analyses of why the physical functioning of most adults has become compromised.

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Technique is an

educational technique

designed to increase

movement awareness.

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According to the American Society for the Alexander Technique: "By teaching how to change faulty postural habits, it enables improved mobility, posture, performance and alertness along with relief of chronic stiffness, tension and stress."

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