The Alexander Technique is a simple and practical method for improving ease and freedom of movement, balance, support, flexibility, and coordination. Our certified teachers of the Alexander Technique draw on many years of teaching experience and bring their own unique backgrounds in dance, martial arts, music, and somatic education to the course. As you study the Technique during the program, your teachers will help you recognize how your movement habits can interfere with your mind-body connection, and they will guide you as you discover how to monitor and eliminate unnecessary effort in both your daily and specialized activities.