



Back Pain Education and Tools for Recovery

based on the Alexander Technique

Saturday, September 19, 2009, 11 am to 1 pm

Revive Wellness Center • 867 Whalley Ave • New Haven • CT 06515 • Tel: (203) 387-1540

Tuition, \$ 42

Class size is limited to 8 students

In August of 2008 the British Medical Journal published a study that showed that the Alexander Technique is highly successful in reducing chronic back pain. After 24 lessons the number of days in pain was reduced by 85 % and the activities limited by back pain had fallen by 42 %.

In this introduction to the Alexander Technique we will analyze how postural misalignment, habit and daily stress contribute to your back trouble. We will gain insight into sleeping positions and their role in your back problems. We will look at the best anatomical coordination of your body in daily movements, and spend time learning how to use gravity to protect us in sitting and standing. Lastly we will examine what influence your breathing can have on pain.

Included in the tuition and highly recommended is a free private lesson with the instructor. Contact Michaela at 203-271-3525 or M.H.W@cox.net



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