

## How to Use your Power Rest Audio

Throughout this we will explore getting the best results as you use it.

I will add tips on the ~~how to~~ the importance of our head/neck/spine. How the shoulders and hips are involved. The legs and ankles move in accordance.

We will explore breathing, working with computers; pain and tightness. And throughout you will discover new and interesting ideas to work with.

You~~d~~ also find practical answers to questions you haven~~d~~ asked yet to enhance your daily well-being.

If you wish to email me at any time, go either here [jann@alexandertechnique.co.nz](mailto:jann@alexandertechnique.co.nz) or [jann@naturalvocalfreedom.com](mailto:jann@naturalvocalfreedom.com). Ask questions, make comments, share you story with me. I would love to hear from you.

Here we go....

Whether you have had sessions or are new to this stay with me to know all about it. It's a great way to re-acquaint yourself and to start to use it daily.

**Alexander's discovery and the Power Rest gives a sure way to un-do the muscle bunches that sneak in while upright.**

Watch this 8 minute video [to see](#) the Power Rest.

*So many people say after a session of Power Rest "Gosh, I feel so good! It is like a weight has lifted from my shoulders"! So simple! It works!!*

10 minutes is better than a five minute one, and of course 15 minutes is felt to be the essential best.

I call it your very own inner massage system because all the muscles, bones, organs breathing, heart rate, everything get the (indirect) advantage of returning to inner quiet....even if you only manage 5 minutes.



So to begin, get yourself one or two books....no particular books. Not for reading, but for placing them under your head.

Lie down in a quiet place, book/s under head, knees up and hands just resting on your tummy.

Here Chelsey shows you how to get started.

For now, let yourself be quiet . give your whole system time to regain its equilibrium and stability.

*Marjory Barlow-Alexander's niece and Alexander teacher shows how [Click here](#) (start at 14:18 on video)..*

**Your head and neck.** If your head is lying on no books the chances are that it is falling back down from the spine as it bends to get to the floor. If you have too many books there is a strong chance that your chin and chest are scrunching towards each other. Note Chelsey's head rests gently on the book.

As your head balances quietly for ten minutes you may notice that tension starts to ease up a bit from the day's grind. No pressure,...no need to pull your head round or adjust your shoulders to make anything happen or change.

**Your Spine** . without the day's pressure it gets regular boost to regain stature

This 26 minute video gives a perspective of when spine changes, the whole body suffers. [Click here](#) Watch it to the end to get a good perspective of change.

*I spend as often as I can letting my spine regenerate in Power Rest. I am always amazed how that achy (post) gardening feel, or the back tension (accumulated through the day) just eases to nothing and I can continue as if I was only starting the day!*

- **When I am lying down rather than let my mind wander round and round the pressure of the day.... I am thinking of the 'how' to stop muscles from being clamped.....**
- **(ever watched an ice cube melting; it just eases to water, takes the shape of the base it is on?).**
- **This easing will happen in the spine (whether you feel it or not) as you stay, body still and at rest.**
- **If I realize there is tension elsewhere, for example in my wrist, I give a thought to release, to soften. NB. I start the thought from the base of the head along the spine and neural path to the wrist. I don't need to know the exact nerve pathway. I just 'go trawl' and trust my nervous system. And I realize yet again how important the spine is. My image is of a whole bunch of minute threads all starting at my head, through the spine and out to every part of my body.**
- **While I am telling my back to lengthen and widen I think of the flexibility of the spinal cord and the nerves that come out of it.**

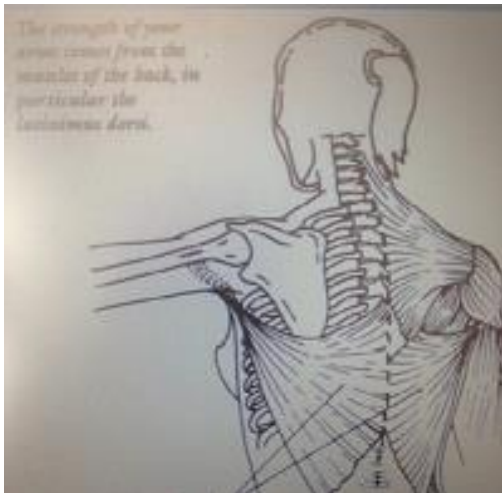
If you have any experience to share or a question to ask, send me a reply. I would love to hear it and will answer all mail..

**The shoulder girdle** - in relationship to the whole, while lying down.

I am writing of the arms today because these extensions are so important to the shoulder girdle. I hear so often how shoulders ache so much after hours at the computer or any activity of lifting, pushing, pulling etc that involves the arms. It is a no brainer then to remember that if you want to get that ache out of the shoulders you **have** to give your back a break with your arms included.

What better way than to the 10 minute Power Rest.

**“The strength of your arms comes from the muscles of the back, in particular the Latissimus Dorsi+ see picture.**



The shoulders are the ~~Pandora's~~ Pandora's box of the whole human frame. So, if the back is working well together with the head and neck, and all just being in a ~~dough~~ rising mode, by default the shoulders will follow.

Giving your whole shoulder girdle a break. Remember...10 minutes Power Rest a day can make a big difference.

### **Using your computer!**

I confess I love my computer. It allows me to do so much useful and valuable stuff. And how it can make my day difficult if I am not being conscious of how I am ~~being~~ being+ the computer operator! Being conscious is listening to the signals my body sends whether to take a break or just a full breath; ignore them at your peril.

Your pain or discomfort are the words your body uses to alert you. Yet some ignore those signals and lose themselves to the computer and its pull for attention. Like the

modern car that has a dashboard with lights that flash when something goes wrong, so do our lights flash....your senses give you feedback to make changes.

**F M Alexander's niece Marjory Barlow explains** *"What you are changing are the patterns in your brain and your nervous system and that manifests in your body". She taught the Technique all her life, training as a young girl (with scoliosis).*

In the long term, firstly resolving computer related postural problems is very important. However, there are many mechanical solutions that are favourites used; the trick is finding the effective ones that have a permanent positive change. Here are some tips:

- Sit in an upright position without strain and tension in the back. Use the back of the chair if need be, to sustain this.
- Let your muscles and joints release or expand;
- Note excess tightness in the neck and let it soften;
- Let your fingers ~~slance~~ dance on the keyboard; light taps
- Keep note of your body's feedback.

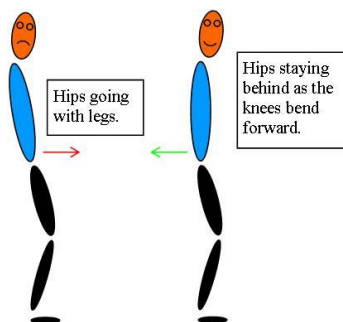
If you find you are not able to keep consistent and you slip back into the usual patterns, an Alexander lesson can set you more firmly on this path.

- It addresses your own unique movement style, it soothes your entire system.
- It also results in more staying power at the keyboard and in your life in general.
- And application gives greater concentration as well.
- In turn that makes you more effective on the job,
- and much more comfortable at the end of the day.

Okay, time to take a break from sitting here at this computer!!

Take a 10 minute Power Rest now! Watch Power Rest YouTube video [here to](#) see it

**The Hips!** Next I will talk about ~~the~~ the hips the centre of direction changing?



In our picture today, you can see the stick figure in two poses. The first one the hips locked in order to bend the knees. This is a common misconception of the simple structure to ~~to~~ bend the knees

When someone repeats that often e.g. during an exercise that requires bended knees, or perhaps even skiing, this becomes firmed up in the neural pathway from the brain to the hips.

In the right hand picture the spine remains upright as the activity goes ahead and the knees bend. This is more mechanically stable and reduces tightness in the hips while standing.

And it follows then that to reset the natural sense/perception in the brain is important. This sense is how we perceive where our limbs, torso etc relate to the rest of ourselves. An eerie example of this is when a limb has been amputated, the amputee can still sense the whole limb moving.

Regaining the perception (or proprioception) is really important to move forward with ease and appropriate movement.

The Power Rest can be of great benefit in this situation. The body has a time to experience the lengthened spine in relation to the bent hip joint.

### **What to do if something hurts when I do Power Rest? e.g. back or hips?**

One question I am often asked is %when I lie down, it hurts my back (or hips or where ever it does); should I stop lying down or do it another way?+.

Especially those people who have chronic back pain. The thing is, because we are stand uppers or vertical creatures, and walk on two instead of four limbs, there is much more to clash against gravity with.

In the downward scrunch some parts of us start to impinge on other parts...on a subtle level. And they find a place to be comfortable in. So when you lie down, this stays the same scrunched up.

If you let yourself lie quietly and give these bits (un)movement, it gives the whole organisation time to settle into the natural length without interference. This may not happen immediately but over time.

**Remember, this is not a quick fix miracle**, but a gradual slide back to your innate poise and healing.

### **Keeping your legs balanced while doing Power Rest.**

When I first started the Alexander Technique and Power Resting my left leg just simply would not stay upright.

So, I cheated a bit. I put a chair next to it so that it would not fall over.

The amazing thing is that over time and learning how, it gradually gained the muscle tone it needed to stay up.

The bottom line for you is....if you are tightening your hips to keep your knees up, you are ~~doing~~ doing too much.

## Breathing Matters!

### NB - Breathing happens by itself!



Who taught you to breathe the day you were born? No one, is my guess; you just did it and you still just do it!! Try not breathe and all that will happen is that you will pass out and then come to.

The other day someone asked how is the best way to breathe+. Honestly.....?!

We have all become so conscious of the right way to breathe that we end up breathing really badly.

### Go back to basics. Just let it happen.

The only concern I would have is....watch that you are not holding your breath. Because that is when people feel they need to be taught how. But actually they only really need to say NO+ to holding the breath if you notice that is what you do.

I guess you might be saying this is just too simple to be real+.

The truth is, it is! Why do we make nature so complicated?

This time in your 10 minute Power Rest, please let the breath go in and out, in and out. Easy and free, just in and out. Just say a big NO+ to holding your breath.

### Can I move to adjust if I am uncomfortable? What's best?

You know when you lie down sometimes you need to shuffle to find a comfortable position? That's appropriate.

But, if you are taking time out to unwind on the hard surface, to regain energy after a hard day at the office or work, this is different.

Why?

Because finding the comfortable position is likely to be where your shape has sculpted itself over time to this form. And this form is likely what is hurting.



So the best thing is to lower yourself to the hard surface so that your time-honoured form can start to release to the

shape of the surface and ease the tightness all over.

Note: a bed is too soft for this purpose (I know its enticing) and won't have the same benefit.

%Stopping+is a big word in Alexander Technique. If you cannot ~~stop~~the tightness, you are trapped in your current form.

THIS IS WHY POWER REST IS VITAL AS A DAILY ROUTINE!

Let's get back to basics!!

Let me recap!

- You get home from work,  
lie down with a book under your head,
- raise your knees,
- let your legs balance easily,
- let your hands rest gently on your tummy.
- Your whole body is just stopping the whole day,
- Your mind the whole train of thoughts.
- *You are spoiling yourself with your very own self managed massage!*
- Your breathing is just going in and out....not held, not ~~exercised~~like you have been taught.
- Your heart, lungs, muscles, brain are all silently screaming %THANK YOU!
- You resist the temptation to let your mind wander all over your day.
- You stop all the drama, stop all the internal fighting.
  
- ***Time to reclaim your lightness and energy!***

*10 minutes is better than five minutes, and of course 15 minutes is the essential best.*

### **Chronic tightness from long term muscle strain**

Next I will cover the long term effects of over exercising or rather following the no pain, no gain slogan.

Are you someone who loves the gym...no harm in that! Better to love it than to slave your way through the routine hating it.

So where is the wrong in working out?

Well, the difficulty with gym or any form of repetitive exercise is that once you have contracted a muscle over and over in time it gets shorter and shorter; till it gets stuck in shortness. It stops reverting to its natural length.

Do stretches+some will say! BUT, the powerful muscle memory just returns to tightness. Hence the Muscle Man with visual muscle shape but little flexibility.

Of course there can be another dilemma. After pulling yourself into gym instructor's direction (against your own muscle memory and ability) the strain can gradually become an ache, then a pain and you're on the medical treadmill (don't mind the pun)!

Give a thought to those wonderful muscles of yours. Care for them and they will always be there for you.

And remember your very own inner massage system+ All the muscles get the indirect advantage of returning to the released muscle length.

**Power Rest with the family** . be a good role model for kids, partner, all.

Would you feel awkward doing Power Rest? Not want to do it when anyone is around?

Sometimes it feels uncomfortable when the family stare at this unusual pose you strike! Happened to you?



*When in the UK in 2010 I attended a primary school which incorporated Alexander into their day. After break time the youngsters were all made to lie on the floor; to quieten; and to let go of their busyness of the morning.*

*The teachers actually joined them there as well! And it worked. Actually the children loved this time once they got used to it.*

So, the easiest way is invite everyone to do it with you, especially the children. Children don't usually use a head book and in the beginning they might be inclined to shuffle and mutter. Given time though and encouragement they can get to love this.

Especially new mums who need this down time more than anyone, give yourself a break on the floor and play with your little one sitting with you. New mums spines need this so much.

**Increasing stress free moments**



By now if you are more conscious of how you take time out, you are feeling some benefit from it.

People think more stillness means doing nothing. This is not what I am advocating. Quite the opposite.

In this day of so much going on, what we all need to find out is how to do less in ourselves (gaining from changing gears in the muscle memory). All your muscles have instinctive patterns to easy movement; little by little they take the wrong pathways changing over life.

The result?

You experience have less and less energy like you used to. ~~%~~you're just getting old+...you've heard it said!

I say - Dont Buy It!.

You have the power to turn this around, stop the downward slide. Do you know how?

**Getting the best out of exercise;** pilates, yoga and any other form of modern or ancient discipline.

If you are a yoga or pilates enthusiast (or any kind of exercise) there are certain things it is important to know about so that when you do work hard you don't over strain your whole system.

[Click here](#) for a video clip of Yoga with the Alexander Technique. Note how Jennifer gives good thought to lengthening the whole time.



You may want to go through the sequence with her to work out as best you can how to get more from it for yourself.

The next part we have talked of a lot; that is AFTER the exercises.

Bear in mind that our own individual muscle system may very well have long held strain in certain parts and more than anything these need to get their elasticity back, big time! My favourite Power Rest is the means whereby you can get this happening. A ten minute lie down with a book after each session will do a power of good.

Which leads on to stretching, the dos and donts of it.

## **Stretching before and after exercises: some say do, some say dont.**

Stretching the stretch!

I have not been a promoter of stretching any time, but then I have never been an ultra exerciser. Yoga in itself is stretching all during the session, and as I said in my last email, it will leave your muscles in a great shape with the full benefit.



So, what about more strenuous types, boot camp and pumping irons as extreme examples? Pre-historically exercising the muscles was never a sport, but a means of either fleeing from danger or sprinting to catch the fleeing food!

Picture a cave man doing push-ups! Truth is they were not muscle bound like our cave man in the picture.

After the tough stuff then (and after the stretching), give the muscles a rest to let your body re-align itself to the maximum. What better means is there.

## **Finding the middle road. Equalising the equilibrium**

On to the current: Equilibrium - a word used freely about body balance. Do you KNOW if you balance is true? Do you really know yourself or your true sense of your self? This sense includes your physical relationship with its whole self.

Try this for yourself to see what I mean, read it all first and then try it:-

Stand with feet shoulder width apart; get yourself in balance. And close your eyes.

- When they are closed, raise one arm straight (hand extending straight with the arm) ahead of you to shoulder height, eyes stay closed.
- Now keeping your eyes closed all the time, raise your other arm to the same place making sure they don't touch each other.
- Then open your eyes.
- Are your arms at the same height or is one higher than the other. You may be surprised at the result.

Email me your results if you will. I will comment further in the next email.

## **The Position of Mechanical Advantage! Why this 'position' is a good one?**

In last pat I asked you to try a little experiment..... interesting results came out it; some of you ended with your arms at different heights, and one or two ended with both arms at equal height.

So either your inside/outside sense is more tuned to your knowledge of yourself; or one arm is more used daily than the other and hence each one is different in your awareness. This is more a fun exercise and not to be read as serious.

Just changing the subject, what does the ~~mechanical advantage~~ mean when it comes to the human frame (which is not in the least bit mechanical)?

So the position of the body in Power Rest for example is such that each limb, torso and head/neck is making full use of the lack of gravity to benefit the whole self. This applies equally to all poses used in teaching someone the Alexander technique.

The benefit of this of course is that in every movement the mechanical advantage is used results in maximum effect for easy minimum tension living.

This of course applies differently to each person depending on their self knowledge and conscious awareness.

To find out your own extent of maximum awareness may take some individual lessons. Email me if you would like to learn more of how best to get your own total awareness.

Next we explore the benefits of saying ~~no~~

### **The benefits of saying 'No'**

For most people, the idea that saying ~~no~~ (part of the Alexander Technique) will be strange. So let me tell you how this comes about.

When FM Alexander was struggling to find a cure for his hoarseness and he discovered that he was pulling his head/neck out of order on stage while acting, he realized what he had to do was to tell himself not to do that! Over and over he told himself not to pull his head back and so strain his voice. Yet time and again the same old pattern happened.

Isn't that the way of a maverick, a person who has not been able to get an answer from the medical world, yet loves what he does so won't give up on it. Each time he went back to the drawing board until.....

He finally realized that in order to get permanent results he would have to bring his thoughts (and therefore his muscles too) to a **complete** stop.

So, saying no is just this step to ~~clearing the mind/muscles~~ to get to nothing!..... And then start again.

When do you think this can be useful and a plan to put into action.....it does give an opportunity to assess if your current idea is sound or is there a better one.



Otherwise you are living according to your unconscious way of living.

Of course some people call this a 'senior moment'. Yet is it really that or just an unconscious action that is adding too much to the day already?

Power Rest is a global way of giving your Self time to stop.

Are you aware how living in the unconscious way affects you daily? Share it by reply email with me.

### **All that mind clutter! How to ditch it!**

When we are busy our mind is engaged full time. It's great, time goes fast and happily so (I hope for you). It's the other times.... because the mind is still clattering away.

I was discussing golf with someone the other day. He loves his game and had recently spent days looking at video clips online of many good golfers. The next time he went to golf he played a shocking game and was really puzzled.

On reflection he realised that he was *unconsciously* copying what he had seen the great golfers doing, changing his swing to achieve what he saw on the video clips.

This worked completely against him because he did not have the same years of play, posture, swing as he had seen in them.

This gave him the opportunity to stop and release all his thoughts on others expertise and just get to his own way of swinging, he went back to basics that suited his own way! Without his ability to wipe the slate clean, his golf was running on faulty thoughts. Get out of his own way!

How much do you do unconsciously? Please give yourself the chance this whole week to be conscious of your thoughts and how you sabotage your days with them. One of my favourites is telling myself how tired I am! What is yours.

What can you learn to say No to and then make another decision of what you are thinking. Share with me if you want to of what you find out.

Meanwhile, don't give up on your Power Rest time. And next I will discuss the question of what FM Alexander taught about the Power Rest.

## Whose idea the Power Rest? Did Alexander design it?

The other day I had a really big gardening day and if you are a gardener you know it is very hard on the physical side. There was only one way to re-set me! Grab the book (under my head of course) and onto the floor. It is quite amazing how this small twenty minutes or so can take all the effort out of the effort of the day!

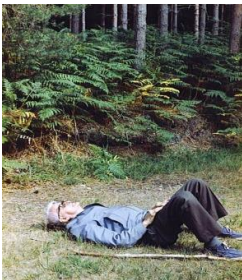
For FM Alexander he always said that this lying down time was not about resting or sleeping and it isn't. It actually is a time to let the body stop. However the mind can still be working, retraining the neural channels on the appropriate pathways they need to take to come back to poise, stability, re-set the course.

While you are vertical i.e. standing there is always a certain amount of ongoing push-pull to right ourselves from gravity's effect. Without knowing it, all the muscles are on red alert to stay vertical.

So in lying down this is not required and so our half self (the body) can take that time out while the other half (mind) continues to teach the muscle: no movement required at all.

## Getting back to Basics- again!

If you are gardening, painting, running or just having a hard day give your half self a break!



Today, if you need a reminder, here is this chap in his Power Rest just where he wants to. No need to go home, if you want to lie down somewhere else!

Well, I know some of you won't be comfortable just anywhere and that is fine!

So, get your book, place yourself on your back with book under head, knees aiming for the sky, arms/hands gently on the torso; and just let the effort and tiredness drain out of you down into the ground.

Do you know that a small child will always put itself down if it really needs to relax?

It is only because we live in this world of today where there are so many distractions that choosing to be conscious about rest is so much more important.

## **Another take of 'Learning to stop, to pause' – the underlying secret!**

When your mobile rings how hard is it for you to not to answer it, just to do nothing about it? When it rings do you find your hands are rushing before you can even think about not reaching for it?

The big question really is ~~is~~ any call more important than you? ~~q~~ than your life and how best to get your best all the way till you don't need your body anymore; no matter how many years that may be!

The big secret is that the nano-second you think of doing something your whole system, muscles, nerves and all, is ready in the only way it knows how. This manner of muscle is built up bit by bit throughout your life. And you don't even know it; because it has happened bit by bit.

Your quest now....in this next week each time your phone pings or rings, notice what your every reaction is. Do you tighten your shoulder? Do your eyes rush to find the phone and the rest of you twitch to pick it up? What unconscious actions to you make in response to this stimulus?

- **In here lies the possibility of being master and not letting your phone (or any other stimulus) run your reactions.**
- **If you find there is a strong pull to it, chances are this is happening in most things that happen for you.**

## **What gets you resting well each night? Why can this help?**

I have often been asked what is the best position to sleep in. Some folk wonder if it is best to sleep on their back.

While others want to know how best to sleep on their side. Yet others want to know how many pillows is best.

Of course, being human myself, the bad news is that the one thing I know for certain is there is not only one answer.

The good news is....if sleep (or lack of it) is a major issue for you then this is your post.

Every therapy will have their own ideas but in my humble view you have your own unique way. By that I mean each person is different. Too much emphasis is placed

by the experts on ~~getting it right~~ Typically, we are told that getting eight hours a day is essential.

There cannot be one true answer for everyone.

So, here is a list of what I consider important.

- Sleep when tired and get up when not!
- Should you wake in the night, let yourself rest without fuss. Your ~~self~~ will claim the rest needed when important.
- Experiment yourself where the most comfortable way is at night.
- The power rest place is very comfortable; if you want to go to sleep on your back with your knees up then do it.
- The one position I will say be wary of is if you like to be on your tummy. For most, this is best avoided, at least until true uprightness is restored.
- Other than those thoughts, I reckon let go of all the ~~do's~~ and ~~dont's~~ and anticipate bedtime as a peaceful interlude in an otherwise busy life.
- Make time if possible to do a Power Rest just before bedtime....10 minutes sets you up for more ease for the night.
- Enjoy it and given time, your sleep pattern will reclaim itself.

**But most of all give more thought to your daytime and how you react to every moment.**

### **What makes Alexander Technique so powerful?**

As I sit down to write this, I am not sure just where to start telling you about why Alexander Technique (AT) works; what makes it so powerful!

The term ~~good things come in small parcels~~ comes to mind. Well, maybe change that to ~~Simple things come wrapped in small parcels~~+

There is a basic fact about AT that says, your design was spot on as a child.....what changed? Your limbs, your head, all the bits just worked so well. You had energy, fun, inquisitiveness, freedom. You never thought of the word tired until you dropped off! Only to spring back up again as soon as the tired was finished!

Lurking around this simple corner is the second fact, that this original design is still there!!

You just have to remove the part of you that is interfering with it. I hear you say  
%hat is all too glib!+

Alexander Technique is small by comparison to other disciplines; but it has been around for a long time; before the gym was popular, longer than most of the modern day mind/body therapies.

So, what is its secret?

It works!

Not for everyone. But for those who it does.....it REALLY works.

I was working with a young flute player who had been to a physio for a long time.

I could see a level of dejection in her as she loved playing and was keen to become very good at it.

But the handicap of pain in practicing made it harder and harder to stick with.

And then in one lesson with me she said out of the blue %dove Alexander Technique+.

When it works, it just works!

Can you imagine what life was like as a small child; close your eyes now if you will, and just remember how easy it was.

Most of us long to have that same ease and freedom without actually being a child again.

In essence, learning to connect to the understanding and wisdom of your body to activate your postural muscles is one amazing secret ready to be (re)discovered. Notice the micro-organisation made moment by moment by your postural mechanisms which maintain your strong stable balance.

As you stand, listen and learn, discover the REAL core of your sense of stability.

If you can get hold of a book called %Be in Balance+by Angela Bradshaw, it is well worth a read; pick up thoughts and ideas about returning to the balance you knew.

Can I be of help? Email me if you wish to find out more.

## **Fun! How to get more fun in your life**

Fun! Thesaurus defines the opposite of fun as - boring; tiring; unpleasant; the positives - amusing; enjoyable; lively; boisterous; entertaining. Give me enjoyable, lively any day.



Fun in your being, goes much deeper to the state of ~~being~~fun rather than ~~making~~fun.



When your face is pinched up in a state of extreme effort and strain the question is what fun is this for you? Is the means really worth the ends attained?

An osteopath once told me that the majority of patients he worked with had been injured doing exercises or sport!

How often do you see a child with its face all screwed up with effort?....Never.

Unless it is copying the parent. Children know instinctively how far to go, how not to injure themselves or wear at the edges of effort.

Of course accidents happen, that is part of learning ones limitations. But chronic over-effort is something else altogether.

My motto is %I cannot smile while I am doing exercises or hard work, I need to find another thing to do or ANOTHER WAY OF DOING it!+

Your homework for this week:

- Notice just how often you screw up your face with effort.
- What are you doing when you do this?
- How long do you screw your face up at one time?

THEN ask yourself can I smile while I do this activity/practice?

Bottom line is: Life is too Serious to be Serious about it!!

In other words, develop a state of ease in yourself that becomes who you are and ~~becomes~~you.

**LESS IS MORE!** What more is there to say?

The saying goes ~~no~~ pain, no gain~~as~~ you saw in the picture from yesterday.

Does that still apply? Before I ever knew about Alexander Technique my runner friends would pound the streets despite sore knees and the like. And often I had the impression that the sore bits were their badge of honour for their sport of running. Their motto was ~~run~~ through the pain~~d~~

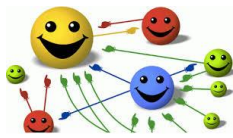
The question has to be asked %I love my running (or whatever your sport/pastime is), is there any way I can still do it, I don~~d~~ what to give it up?

As I may have said before, pain is an indication that something is amiss and if not taken care of there are consequences. So if you are keen and don't want to give up, then you need to ask the one question that F M Alexander asked his doctor after he had tried all the treatments %s there something that I am doing that is causing this problem?+

If you can find out what you are doing that is causing this problem that won't go away despite all the medical treatments you have done, AND YOU AND STOP DOING THEM.....! Over time your body will heal itself. Your problem will right itself.

LESS IS MORE!

Whatever limits your life, whether it is back or neck pain or any other kind of pain; limited energy, confidence, coordination, flexibility.....YOU have the power to turn this around, stop the downward slide.



Do you know how?

YOU are all one connected whole. Little by little you learn to undo Bit by bit your parts come back to being whole. Mother Nature knows all the secrets, so can you.

Have a Power Rest too.

### **It's not the destination that really counts is it? Or is it!**

As we get near the end of our journey here, there is one major thing that bugs people all the time and that is how to take the constant pressure out of each and every day.

Talking to my daughter recently whose little pooch's back legs are seizing up: she is distraught and wants to fix it. Any way she can! She tosses around the idea of getting ~~hind~~wheels to do the job of getting around for the little dog.

The trouble is, we as humans think the dog thinks like we do..and suffers. When actually this little animal has no thought of yesterday and even less thought for tomorrow. In fact, he just ~~is~~right now!

In all the day to day living, is this the secret to being freer, easier?

Can we affect tomorrow? Can we change yesterday?

How much of your day do you think of everything but this moment? How many moments in the day would you be slumping, dragging your heels, giving yourself a

heavy time? Even now as you read this what would your skeleton look like if you were able to see it?

IT'S REALLY THE JOURNEY THAT COUNTS!

The journey, this moment, is the only time that you can make a change to how you are, who you are. Your body is the one and only thing that is with you ALL your life!

Question is, do you need to find a better way to help yourself in each moment?

- Stop right now.
- Let your neck be free and easy.
- Your head just sits in the top of your spine.
- Tell yourself ~~to~~ go my shoulders+.
- And make good contact with your feet on the floor.

Congratulations, you have just improved this moment!



And.....

Give yourself a novel break and  
find the best place for your Power Rest.

If you need to learn more just email me

And last, but never least, what do you want for yourself, what quality of life is important for you?

**We have come to the end** of our Power Rest info!

What have you been getting out of it that you can use?

What had been the most important point that you can use from here on? Email me!

And just as a goodbye note for this time, I want to tell you of a real success story.

This lady was in the pits of despair! She could not sit in a chair without needing masses of cushions around her. Her left leg and hip just ached all the time, even in bed. Her middle back was a nagging pain that was never comfortable. She was always moving her shoulders to get them easier.

When she was playing with the children, she just wanted to go and lie down. And as for socialising, it didn't exist except under extreme determination. She couldn't sit

still for more than two minutes at a time. And to top it all, the left side of her face was numb.

From all this constant pain, she was not easy to live with; depression hung round like a soggy low slung cloud. Never a day went by without the thought of 'could this get any worse?'...and it **was** getting worse. All the time! Despite all the efforts, medical and otherwise she took to fix it.

***This lady was me!!***

After the first lesson (I travelled 6000 kms to an Alexander teacher for a few lessons!), I knew this was something very different to anything I had tried before. Even though I did not know too well what it was about, my head felt like it was floating! I continued on my quest, reading books about it and practicing what I had learnt. I was again too far from an Alexander teacher to have regular lessons.

You notice pain so much when it is there, but when it disappears you don't notice! After six months I realised that the pain had gone. Is it any wonder I trained as an Alexander teacher?!

And I have never had reason to doubt what I have done.

So dear people, give it all you've got; it goes with you for the rest of your life.

Thank you for your interest;

All the very best Power Rests to you!!

BE SURE TO SEND ME AN EMAIL WITH ANY QUESTIONS. I WILL ANSWER THEM ALL.

If you want to find out more about having a lesson or taking my Starter package cost, send me a note.

Contact me here [jann@alexandertechnique.co.nz](mailto:jann@alexandertechnique.co.nz) or [jann@naturalvocalfreedom.com](mailto:jann@naturalvocalfreedom.com).

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"Let your body become the music of your soul"

Marlene Upfold.

*'Look the World in the Eye'*