

For me the Alexander method offers a system of reconnecting mind & body so that they work together with remarkable efficiency, replacing poor habits of body use with a lightness of being which is remarkably satisfying both physically and mentally. Since the Alexander method is about behavior change it takes patience, concentration and quality time. In my experience Alexander "work" is not tiring so that the learning process has allowed me to continue with my normal routines and responsibilities.

Elisabeth, retired librarian.