

## Designing from the inside out A new or maybe old and forgotten way of being

I would like to give a short testimonial for one of our very own.  
I was the lucky winner at the Business Fair of an hour long session with  
Johanna Godliman using the F.M.Alexander Technique.

Without any real understanding of what I was getting into I  
entered Johanna's studio with an open mind.

***It was like re-thinking the simple act of movement  
and body positioning as a whole instead of in parts or sections.***

Johanna was her ever gentle self and used intuitive  
and effective language to create an instant trust  
relationship with my mind and body.

I left the treatment with a new or maybe old and forgotten  
way of being in my body while standing, walking and sitting  
with the added bonus of how to relax in a very effective way.

It has been a week since we worked together and I still feel altered.  
If you know of anyone with a body then please give them Johanna's card!

Charlotte Geddes

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