

Zen and the Alexander Technique

With no prior knowledge of the Alexander Technique I arrived for my first indoctrination ready to absorb as much as possible. I was intrigued with the explanations regarding the release of tensed muscles to permit the body to function optimally. Being a person who carries stress in her neck I was immediately able to identify with this concept. One important realization: Practice of this is not as easy theory.

Another most intriguing aspect of the Alexander Technique is the interrelationship this technique has with the art of Zen. I am looking forward to developing a more in depth understanding of Alexander and Zen.

I have attached an attempt at an artistic rendering of my impression of the Alexander Technique to illustrate the reappearance of space between layers and the softening of those layers as a direct result of the use of the Alexander Technique.



Before



After