

My first Alexander experience was amazing. I never expected to feel a difference after only one session.

I have had problems with my neck for years (herniated discs) in addition to joint pain, and I sit at a computer for 8 hours a day so, help is needed.

It was so different from my past experiences with physical therapy and chiropractic sessions. It was such a gentle nudge in the right direction.

When I first sat up on the table after the session, I noticed my neck was straight without making an effort. And it felt great! I also felt very calm and relaxed - a bonus I was not expecting.

I am scheduled for another session and plan on learning more through additional sessions and books that were recommended by a great teacher.