



# aefmat

Alexander Technique Belgium

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**Belgian Association of Teachers  
of The Alexander Technique**

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## What is the Alexander Technique?

The Alexander Technique gives us a way of becoming conscious of our habits and of changing. We learn to react in ways that are better suited to the demands of each activity, that respect the way we are built and are better for our health. Improved co-ordination increases our skills, even in complicated movements. We gain 'freedom of movement' in moving but also in our thinking and our way of dealing with things.

Alexander came to see that all movement involves the whole person. Lifting an arm, for example, is not only a movement of that part of the body. Our whole body is involved. The technique is concerned with what we do with ourselves as we go about our activities: how we prepare, how we co-ordinate ourselves and how we keep that co-ordination in movement.

In that sense it is  
a "pre-technique"  
that can be applied  
to any other skill.

## How is the Alexander Technique taught?

Most often the Technique is taught in individual lessons as we all develop different habits over time, and everyone has different ideas about how we function.

In an Alexander Technique lesson we learn principles that can be applied to all of our activities. We do not do "exercises" but explore these principles using every day movements.

The lesson is like a reduced version of real life, giving us a safe environment in which to develop skills which can then be applied in more complex situations.

## Who is it for?

Do you want to move more easily and freely? Are there things in your way of moving that could be the cause of aches and pains? Are you a musician, dancer, actor or athlete and wish to improve your skills? Are you fascinated by the practical experience of how mind, body and emotions are connected?

In fact, everyone can benefit from learning the Alexander Technique, whatever their profession and at any age, including children, teenagers and the elderly.

Even people who live with disabilities, chronic pain or illness can benefit from having lessons. Although the Alexander Technique does not replace medical advice or treatment, improved coordination contributes to better functioning. Learning to move better can bring relief in many cases. It is also a great help to know how to avoid making things worse through unsatisfactory compensation.

## Who was F.M. Alexander?

Frederick Matthias Alexander was born on the Australian island of Tasmania in 1869. He developed a passion for the theater and in particular for the work of Shakespeare. Success in giving one man shows convinced him to set out on a professional career but very soon he began having problems with his voice.

In his search to solve what he thought of as a personal and local problem, Alexander came to a practical understanding of the workings of the whole human organism in activity. The principles he developed can truly be termed universal.

## AEFMAT

AEFMAT is the Belgian Association of Teachers of the Alexander Technique. AEFMAT is part of ATAS, an international network of 18 teacher associations. ([www.alexandertechniqueworldwide.com](http://www.alexandertechniqueworldwide.com))

To find a certified teacher near you, or for more information on the Alexander Technique and our association, please consult our website [www.aefmat.be](http://www.aefmat.be).

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