

Why Learn Alexander Technique?

Identify your “stuck” patterns (*they can cause poor posture and chronic pain*).

Boost your sensory awareness to new levels.

Unlock your learning potential.



Dissolve “stuck” patterns to free your movement.

Integrate bodymind in activity.

Experience profound body understanding through active learning.



Develop the skill of changing your movement and posture at will.

Focus your ability to use bone support and elastic muscle tone for amazing ease.



Self-regulate your new posture and movement skills in any context.

Free your body and mind to overcome obstacles, cope and to experience peak performance.



Sustain dynamic postural tone.



Michael and Jane Shellshear Blue Mountains Alexander Technique

Michael and Jane have expert skills and knowledge in applying Alexander Technique for improvement in a range of issues. They have assisted many people to discover a new approach to activity that includes resilience, self-regulation and heightened awareness.

Over many years of teaching, Michael and Jane have worked with chronic pain sufferers, people with poor posture, back and neck pain, occupational overuse, music performance, sports, acting, public speaking, arm and leg issues and recovery from injury. They often work with medical and allied health practitioners to complement conventional treatment.

Both teachers are senior accredited members of the Australian Society of Alexander Technique Teachers [AUSTAT] with good standing.

They offer a number of ways to learn Alexander Technique. This includes one-to one lessons; zoom consultations; small group classes; study groups; workshops and introductory presentations.

Michael and Jane are experienced speakers, corporate trainers and event facilitators.

Call Michael Shellshear on **0448 406 881**
to make enquiry.

www.alexandertechnique.net.au

Alexander Technique



*A complementary approach to
health and well being focusing on
movement & posture*



Australian Society of Alexander Technique Teachers

Learn 4 steps for change

Alexander Technique

Benefits from learning

1

Discover

Experiment

2

Develop

3

Implement

4



If a person can regain their muscle elasticity & bone support they are more likely to self-sustain and self-regulate good posture & movement.

Speak to us about your learning options.

Michael 0448 406 881

Resilience

- Recover effectively from difficulties and develop resolve.
- Increase flexibility and adaptive problem solving.
- Adapt and change to new situations.

Self-Regulation

- Use evidence based learning observation & experiment.
- Create and fulfil your wellbeing outcomes.
- Work with neural plasticity and growth mindset.

Awareness

- Develop awareness of movement, flexible posture, tension and lack of tension.
- Use enhanced awareness to prevent injury and maintain ease.
- Prevent obstructive mindsets and nurture personal responsibility and power.