

Alexander Technique in the Workplace

Half-Day Course for Neck and Back Pain Relief

Research has demonstrated that incorporating the Alexander Technique into your wellness program can lead to lasting benefits for employees dealing with chronic back and neck pain.

[1,2,3]

By engaging in re-education exercises, relaxation techniques, and guidance on proper ergonomics, participants can effectively address poor movement patterns and posture that may exacerbate their discomfort.

Participants will acquire the skills to:

- **Improve standing and sitting posture with minimal effort**
- **Alleviate muscle tension**
- **Implement pain management techniques while on the go**
- **Employ visualization methods to enhance movement efficiency and reduce physical stress**

Course Details

Duration: 2 hours

Spaces: The course is designed for 6 to 10 participants

Cost: £60 per person (Individual lessons also available – see note 3 below)

Tutor: Roy Palmer MSTAT – teaching AT since 1998 (see [testimonials](#))

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Notes:

1. The course is suitable for patients currently undergoing treatment such as physiotherapy, osteopathy or chiropractic who may benefit from additional support.
2. The Alexander Technique is a safe method and poses no health risks. No manipulation is involved, just light touch.
3. Individual lessons (45 minutes) for specific concerns can be arranged on same day for £50 per person.
4. The Alexander Technique is consistent with medical and scientific theory relating to human functioning.
5. The NHS has more information for the general public on its website at <https://www.nhs.uk/conditions/alexander-technique/>

References:

[1] Randomised controlled trial of Alexander technique lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain (2008)

[2] Taking charge, choosing a new direction: A service evaluation of Alexander Technique lessons for pain clinic patients (SEAT): McClean, S and Wye, L (2012)

[3] Self-efficacy and self-care-related outcomes following Alexander Technique lessons for people with chronic neck pain in the ATLAS randomised, controlled trial. (2017)

Details of more studies are at <https://alexandertechnique.co.uk/alexander-technique/published-research>