

Although I had heard about the "Alexander Technique" and had thought it might be helpful to me, I felt I did not have time for it. A week of terrible upper back pain and my chiropractor's unavailability led me to Susan, who was willing to see me in short order. I was desperate to try anything. Because this was a pain that had beset me repeatedly over many years, each time taking two or more chiropractic appointments, I did not anticipate quick relief. Unexpectedly, I left that first lesson pain free.

I was sold.

The primary reasons I had thought the Alexander Technique might be helpful to me included habitual slumped posture since early adolescence and the development of a hump at the back of my neck with a pronounced jutting forward of my neck and head that had developed during middle age. These problems, I believed, had contributed to a considerable sense of upper body fatigue, a tendency to injure my neck and back far too easily and, of course, to pain.

With Susan's encouragement and excellent teaching, I have become aware for the first time of how I had inadvertently been causing the problems, and how directing myself when I am still and moving can make me safer more comfortable and more youthful.

Both friends and relatives appear to have noticed. My aunts have ceased tapping on my back with instructions to "stand up!" My massage therapist, whom I have seen occasionally for years, no longer comments about my jutting head. She has said she has never known my shoulders to be this relaxed in the past and, when she went to massage my back, she was surprised to hear that her gentle massage along my spine led to a number of spontaneous vertebral readjustments. Perhaps the most wonderful feedback of all came from my adult daughter, who declared, "Mom, you look great!" And I believe it. The Alexander Technique has made the difference and will, I am sure, lead to more. Thank you, Susan, for your encouragement, inspiration and excellent teaching!