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Titolo	Principles of the Alexander technique [[electronic resource]] : what it is, how it works, and what it can do for you / / Jeremy Chance ; foreword by David Garlick
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Descrizione fisica	1 online resource (202 p.)
Collana	Principles of...
Disciplina	615.82
Soggetti	Alexander technique
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Revision of author's: Thorsons principles of Alexander technique, 1998.
Nota di contenuto	Introduction -- Alexander's story -- Physiology of movement -- An Alexander lesson -- Teaching lineages -- Working with your self alone -- The anatomy of moving.
Sommario/riassunto	This introductory guide presents an overview of the Alexander technique which teaches us how to co-ordinate mind and body effectively so that our thinking is clarified and our movements become naturally lighter. Encompassing everything from teaching lineages to how to find a practitioner, it provides all the key information on the topic.