

Bending without Strain

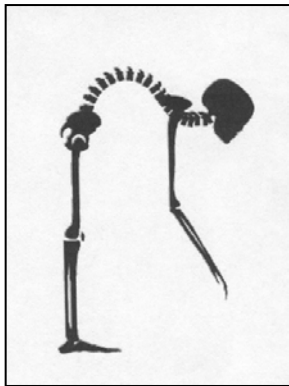
with the Alexander Technique

with Imogen Ragone, M.AmSAT

Tuesday, May 25, 2010

6:30 – 8:00 p.m.

Hockessin Chiropractic Centre

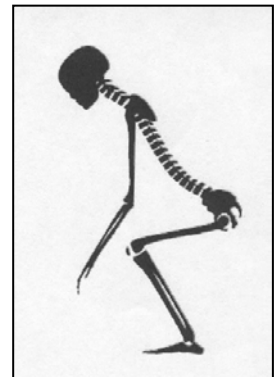


For people with any sort of neck and back problems, bending can become a hazardous undertaking. Unfortunately almost everyone with back trouble has learned the hard way that bending from the waist is painful and harmful. In fact, reaching down to get something from a coffee table, or to open a low drawer, can often get us in more trouble than reaching all the way down to the floor. This is because when bending just "half-way" most people bend only from the waist and keep their knees straight. The Alexander Technique offers us a way of learning to be aware of and change these poor postural habits, overtime leading to greater freedom of movement, improved coordination and alleviation of pain.

In this class you will learn an alternative way of bending, that can actually ease tension and spinal compression. Done well, you will actually be helping your back, not harming it! You will also learn how to lie down in the "balanced resting state" as a way to allow muscles and joints to release excess tension, while restoring good, natural spinal alignment.

Register: at Hockessin Chiropractic Center, or call (302) 239-8550

Cost: \$20 Please wear comfortable, non-restrictive clothes.



"Lessons in the Alexander Technique have long-term benefits for chronic back pain."

New Clinical Research, British Medical Journal, August 19, 2008

The Alexander Technique is an educational process through which students learn to identify and change poor physical habits of movement, posture, tension and reaction in everyday activity. It is taught through a combination of verbal and visual cues, and a gentle, guiding touch. Imogen Ragone is a fully qualified teacher of the Alexander Technique, having successfully completed a full-time three-year Alexander Technique training course. She is certified to teach by the American Society for the Alexander Technique (AmSAT), the largest professional association of certified Alexander Technique teachers in the United States, which maintains the nation's highest standards for teacher training, certification and membership.

For more information about the Alexander Technique go to: www.imogenragone.com
