

Help for Computer Users

from the Alexander Technique
with Imogen Ragone, M.AmSAT

Tuesday, April 27, 2010
6:30 – 8:00 p.m.
Hockessin Chiropractic Centre

Do you sit at your computer each day, eyes on the screen, hand on the mouse? You're deeply absorbed in your work or pressured to meet a deadline. For hours, you barely move at all. Late in the day you feel compressed and tense. Maybe your elbow starts to tingle, pain shoots through your forearm or your fingers go numb, your back is aching and your neck is sore. Perhaps you ignore the symptoms, just to get the work done. The Alexander Technique can help. As a proven method of self care, you can use the Technique to avoid or recover from these common problems:



repetitive strain injuries
persistent fatigue
chronic tension
perpetual neck, back & hip pain
migraine and tension headaches
stress-related disorders



In this class you will get tips on how to sit well while at the computer. Not only does finding the best sitting position help relieve your aches and pains, it makes you more productive. Learn how to set up your chair and computer station at work or at home so as to promote good posture and reduce strain. You will also learn how to lie down in the “balanced resting state” as a way to relieve the tension and stress of many hours sitting at a desk, restoring good, natural spinal alignment.

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

Cost: \$20

Participants should wear comfortable, non-restrictive clothes.

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
