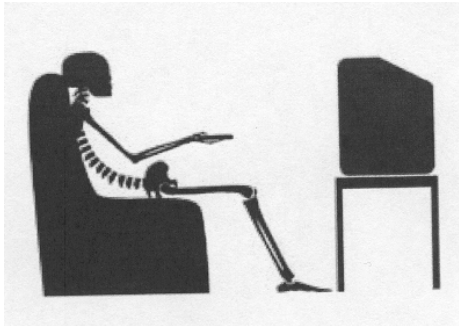


Help for Your Lower Back

from the Alexander Technique
with Imogen Ragone, M.AmSAT

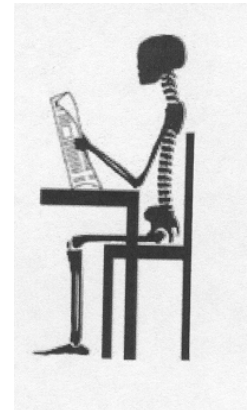
Thursday, February 16, 2012
6:30 – 8:00 p.m.
Hockessin Chiropractic Centre



Low back pain can be made better or worse by the way you align and balance your head, neck and back as you go about your daily activities. Poor postural habits, such as sitting slumped or standing with an arched back, take the body out of good alignment and can eventually press joint surfaces so tightly together that their movement is unnecessarily restricted, often leading to pain. The Alexander Technique is a means whereby you can learn to be aware of and change these poor postural habits.

Over time this will enable you to alleviate or prevent your pain, as you become able to move with greater coordination, balance, freedom and ease.

In this class you will get tips on how to stand and sit well, so as to ease tension and spinal compression, a major cause of low back pain. Learn how to set up your chair at home so as to promote good posture and reduce strain, and how calming your natural breath can ease your back pain. 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
