

Taking The Trying Out Of Being Alexander Newsletter December 2005

This newsletter is for people everywhere who are ready to glide into 2006, secure in the knowledge that they will NEVER be fashion – or stress- victims.

We grow through your recommendation – please forward this newsletter to a few friends and colleagues.

1. What will you be wearing this Christmas
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3. Please Santa
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1. What will you be wearing this Christmas?

Does it really matter to us what you will be wearing this Christmas? Does it really matter to you? Actually, it does.

The nubile young ladies will doubtless have given it some thought. So too the eligible young bachelors among you. Clearly, this accounts for almost our entire readership, even if not our lovely selves.

We, of course, will not rise to that bait and we'll save ourselves hours fighting round the shops and even more hours worrying whether we bought the right thing and whether our backs look long and wide in it.

(Truly, as Alexander teachers, we can honestly say that whether our bums look big is far less important than whether our backs look broad – which must, in itself, be a 'killer' reason for learning the AT.) One of us will be sporting trusty clothes-to-cook-Christmas-dinner-in, the other clothes-to-savour-Christmas-dinner in.

But sartorially unchallenged as we both are – or at least that's our light-hearted, festive gloss on this thorny question – we still spare a thought for those who will be wearing awkward attire this Christmas.

And now we'll get to the point. This month's newsletter has been slow in coming because Annie, the scribe, has been off valiantly going where few dare to tread, in glorious Rochdale. She went up there to do her NLP Master Practitioner Course.

One of the trainers there was an ex-corporate type, an ex-CEO who is currently exploring his sensitive inner core. M. (not his real initial) was unstoppable in the corporate world. On the day the "Master Practicing NLP'ers" learned negotiation skills, M. had the less abrasive souls cowering behind chairs, or lying tummy up on the floor, in a state of total, canine submissiveness.

In the corporate world, M., it is said, breakfasted on callow graduates and lunched on trade union delegations. Lions in the zoo, are rumoured to have seen him coming, and run for cover...

Alexander teachers are a funny lot. Despite knowing all of this, there was a day M. spent presenting one topic when Annie took pity on him. Peeking out from under her pebble, she noticed how very uncomfortable he looked in his body and offered him Alexander work! M. accepted with alacrity.

Suffice it to say, it took a little while for the Alexander effect to kick in and for M. to slip into fluffy, serene Alexander mode. (He actually told Annie she was a midget first!!! L)

The shift came after Annie asked him how he was holding his arms. M. realised he was holding his arms in such a way as to be ready for anything. (You never know, folklore has it that hordes of ferocious Alexander teachers occasionally come storming down from the steppes, grab unsuspecting innocents firmly by the nape of the neck and haul them up to their full height. And that's just Alexander teachers.)

When Annie suggested M was wearing his body like a power suit, he acknowledged that he was. He'd changed his professional status and changed his lifestyle, but he was, understandably, still using his body to make the same statements about his personal power.

What statements might you be using your body to make this Christmas? And is it strictly necessary?

Why not start to own whatever feelings you have been getting your body to wear and leave your body free to just be? Not only will you convey that sense of yourself even more successfully to the people around you, but you may well feel a lot more comfortable in your own skin.

2. The Alexander Technique stops Christmas bingeing

Ok, we'll keep this one short. Christmas is traditionally a time of excess and the scales tell a dispiriting story come January.

Here too, the Alexander Technique can be uniquely helpful. Short of aversion therapy – and who wants to gain an aversion to their favourite things in life? – the AT is the best way of despatching temptation. It's that 'inhibition' thing again; that controlling your habitual, knee-jerk reaction.

Remember, you have approx. two fifths of a second to make a choice, before the hand reaches out and grabs the mince pie, the cocktail sausage, the extra helping of turkey, or the divine Belgian chocolates. So use that opportunity wisely and definitely resist all but the most alluring temptation. That's bound to keep the pounds at bay.

And, of course, because Alexander teachers 'walk the talk' you've every right to ask us exactly how we fared, come January. We'll be only too happy to tell you all about it.

Unless we (conveniently) forget, that is..

3. Please Santa

Just this once, a seasonal joke with no improving Alexander connotations. Hope you like it.

Little Kevin writes to Santa, "Please send me a brother."

Santa writes back, "So please send me your mother."

4. Unique opportunity to gain insight into your fellow human beings in 2006

Learn To Read The Face Behind The Mask

Glenna Trout is running a one day workshop in the study of face reading.

14 January 2006

10 a.m. - 4 p.m.

Ivan Peck House

Chelmsford

Essex

UK

Cost for the day: £135 per person

Places on this course are strictly limited, so you'll need to book your place now.

Email: Glenna Trout : Facingfacts@aol.com

5. Forthcoming events

Saturday, January 21st 2006 2.30pm – 4.00 p.m., Introductory Alexander Technique Group at Shine Holistic 52 Stoke Newington Church Street, N16. Call 07939 347099 or Shine on 7241 5033 for more information.

6. Ultimate Mind Body Makeover

Are you ready for The ULTIMATE mind-body makeover?

Do you ever ask yourself:

- ..How to be free of nagging self-doubt?
- ..How to boost confidence at work?
- ..How to communicate successfully in every situation?
- ..How to stay focused?
- ..How to beat stress?
- ..How your body language can really work for you?

Now there is a 12 week programme to CLEAR the obstacles that have been holding you back.

You'll be free of the doubts that have held you back'

You'll be able to handle every situation

You'll meet challenges without stress

You'll be effortlessly persuasive

You'll have a great physical presence

Annie has developed the UNIQUE 12 week mind-body makeover using

NLP and the Alexander Technique 1-2-1 to enable you to make the changes you really want FAST:

You don't have to put up with self-limiting beliefs

You'll love feeling motivated and in control.

You'll look forward to situations that once challenged you.

You'll look better.

You'll feel better.

You'll get rid of poor body language.

You'll be surprised how EASY it is to change.

Annie is an experienced Alexander Technique Teacher and an NLP Practitioner.

For more details contact

Annie: 07712 924124

Have a great August



DON'T KEEP US A SECRET. IF YOU LIKE IT, PLEASE FORWARD THIS E-NEWSLETTER TO FRIENDS AND COLLEAGUES WHO YOU THINK COULD BENEFIT FROM PROFITING FROM THOSE TWO TENTHS OF A SECOND.

To receive 50 Top Alexander Tips or to subscribe to this free e-newsletter email:

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