

Where to Go from Here

I hope I have communicated the fact that the only way to learn the Alexander Technique is through a series of one-to-one lessons from a qualified teacher. If you want to find out more you should contact The Society of Teachers of the Alexander Technique.

STAT is the recognised organisation representing Alexander teachers throughout the world and overseeing teacher training in the UK.

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The office can provide lists of qualified teachers, books on the Technique, details of short courses and contact with the Affiliated Societies in other countries.

There is much information on the Alexander Technique on the World Wide Web. The STAT website is a good starting point.

The author may be contacted through his website: www.the-alexander-technique.org.uk

