



Alexander Technique - Posture Mindfulness at Work

Length: 1 hour

Delivery Mode: Virtual Presentation

Details:

Alexander Technique is often used by actors and musicians to help them hold less stress and move with more body awareness and less tension. More recently, desk and office workers are feeling the benefits of applying it to their work.

The purpose of this session is to introduce simple body awareness skills that can be applied whilst working, to minimize discomfort and tiredness. Employees learn how to pay attention to their posture and movements while they work at a desk, giving them the tools to manage their working posture without taking exercise breaks.

This session covers:

- Semi-supine exercise for back health
- How to sit at your desk and stand well away from it
- Body awareness at the computer
- Using less tension to type and see your screen

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.