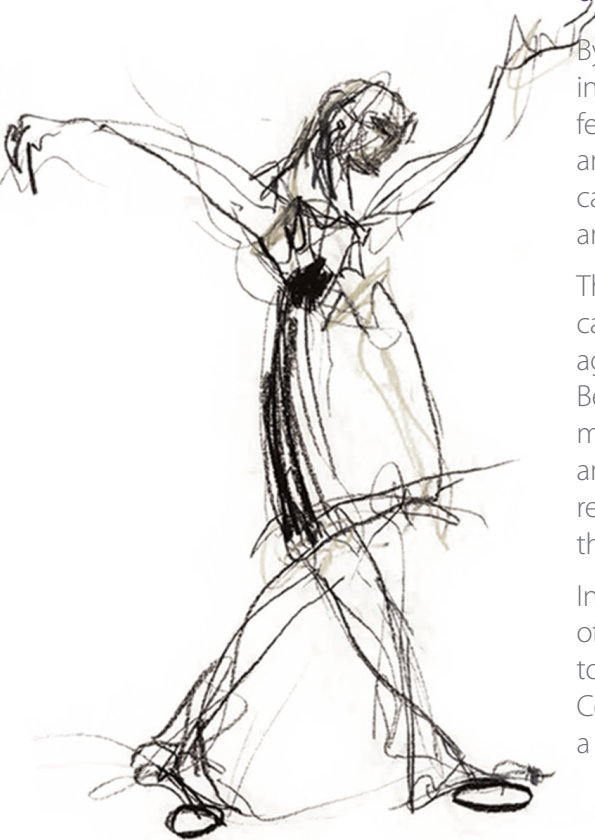


alexander TECHNIQUE

:: vitality and poise as a way of life

*The Alexander Technique is a way
of paying attention to ourselves.*

It is an experiential study of the complex
connection between mind and muscle.



Stepping stone: Maria Haynes

Over many years we have built
up a body of habits.

By using our bodies unconsciously,
interpreting the advice of others of how to
feel and look good and adjusting to injury
and trauma, we have often lost our intrinsic
capacity for balance, effortless movement
and an open response to our world.

Through the Alexander Technique we
can allow the body to move once
again in harmony with our intentions.
Becoming present in simple everyday
movements such as sitting, standing
and bending we can rediscover and
refine a pattern of good co-ordination
that we tacitly know.

In response to the subtle physical guidance
of the Alexander teacher's hands we begin
to discern habits of movement and thought.
Connected to the ground, we experience
a new sense of uprightness and ease.

*"Change involves carrying out an
activity against the habit of life"*

F.M. Alexander (1869-1955)



Through a course of lessons in the
Alexander Technique you can:

release long-held tension that
may have led to:

- chronic back pain
- head, neck and shoulder ache
- repetitive strain injury
- pressure on joints
- general stiffness
- breathing difficulties
- anxiety

experience a refreshing sense of freedom
and ease in movement

gain strength and confidence

restore balance after injury or trauma

refine your artistic skills and any skill where
'fine tuning' your co-ordination will enhance
your progress and performance

look after yourself and so prevent
stress-related symptoms

be alert and focussed without strain

sustain a general feeling of well-being.



Gudi Schepokat BMus (Hon) MSTAT

Gudi is an experienced Alexander teacher who trained and qualified with John Nicholls and Carolyn Nicholls in Brighton, England in 1997.

In her private practice she has taught the technique to hundreds of people from all walks of life, as an invaluable tool for the changes her students seek in their lives.

This has included working within organisations as diverse as Kings Cross Community Development Trust (London), University of Bristol Medical School, Italia Conti Acting Academy (London), HM Revenue & Customs and Body & Soul (a charity supporting women with HIV/Aids, London).

Gudi is a dynamic teacher in group settings from residential courses to one day events and is

known as a clear and skilled communicator of the technique. She brings to her work the expertise gained over 15 years as a performer and instrumental teacher.

Gudi participated in the first major clinical trial looking at the role of the Alexander Technique in the management of chronic low back pain (MRC ATEAM). The results of the trial showed the technique to be very effective -and were published in the British Medical Journal in August 2008.

The study of the Alexander Technique continues to inspire Gudi's art! She studies classical singing and makes hats.

Her practice is based at the Helios Medical Centre, 17 Stoke Hill, Stoke Bishop, Bristol.



Gudi Schepokat BMus, MSTAT

:: releasing, re-educating, revitalising

a personal process

Learning the Alexander Technique is an individual and personal process at the heart of which lies the one-to-one lesson. Each lesson lasts between 40-45 minutes and a course of lessons is recommended. Hands-on work, explanations of the principles involved and your active participation will bring about a new self-awareness that carries immense potential for your health and well-being.

courses and coaching

Professional development for Alexander teachers.

interactive lectures and demonstrations

Please contact Gudi to discuss the specific needs of your team - from addressing back pain issues and how to reduce stress to 'speaking with less strain'.

part of a bigger picture...

Gudi offers practical Alexander insights to enhance your professional course or event e.g. singing or instrumental master classes, learning and facilitation events, medical and complementary studies.

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