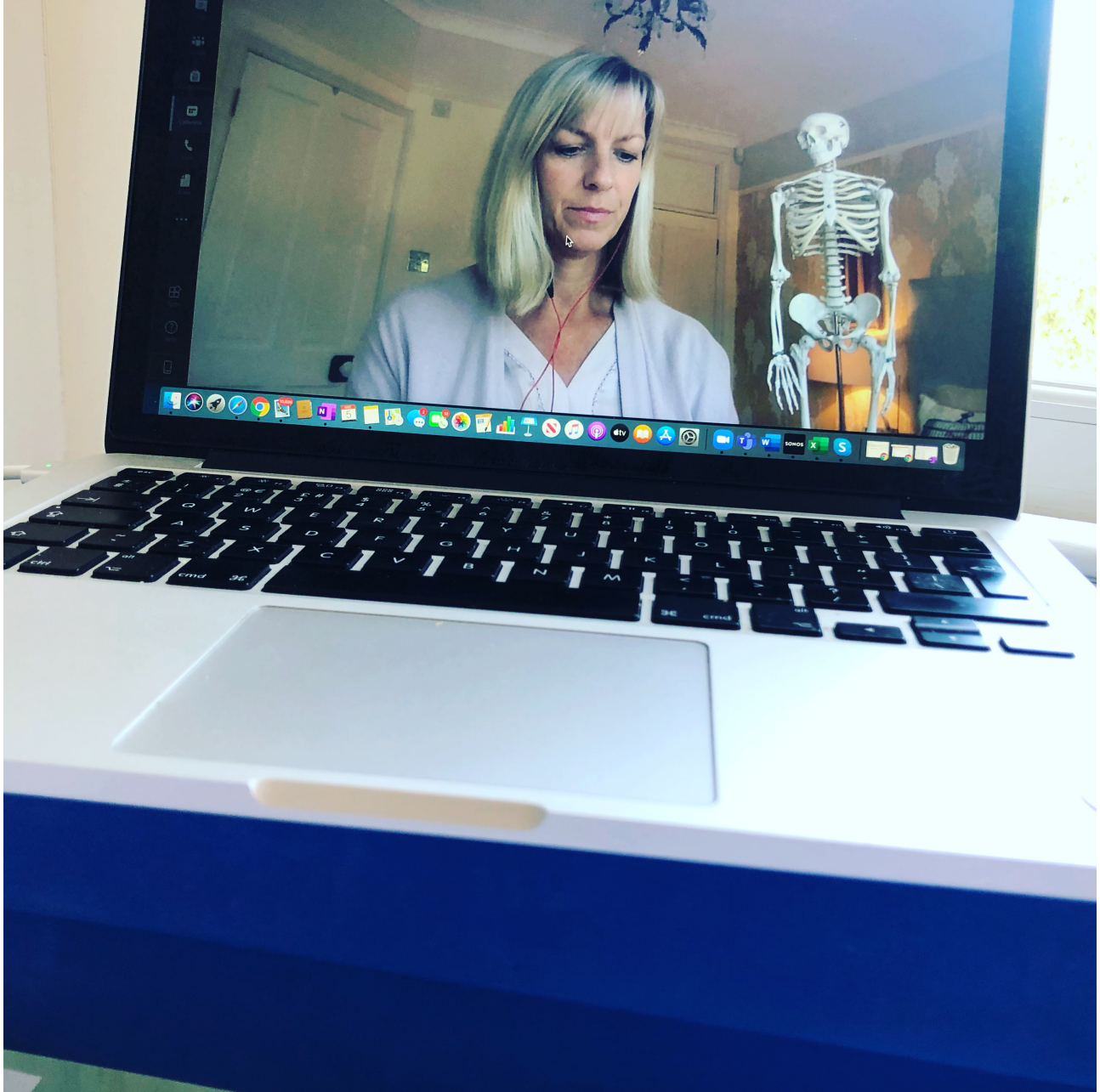


**Pictures and quotes**



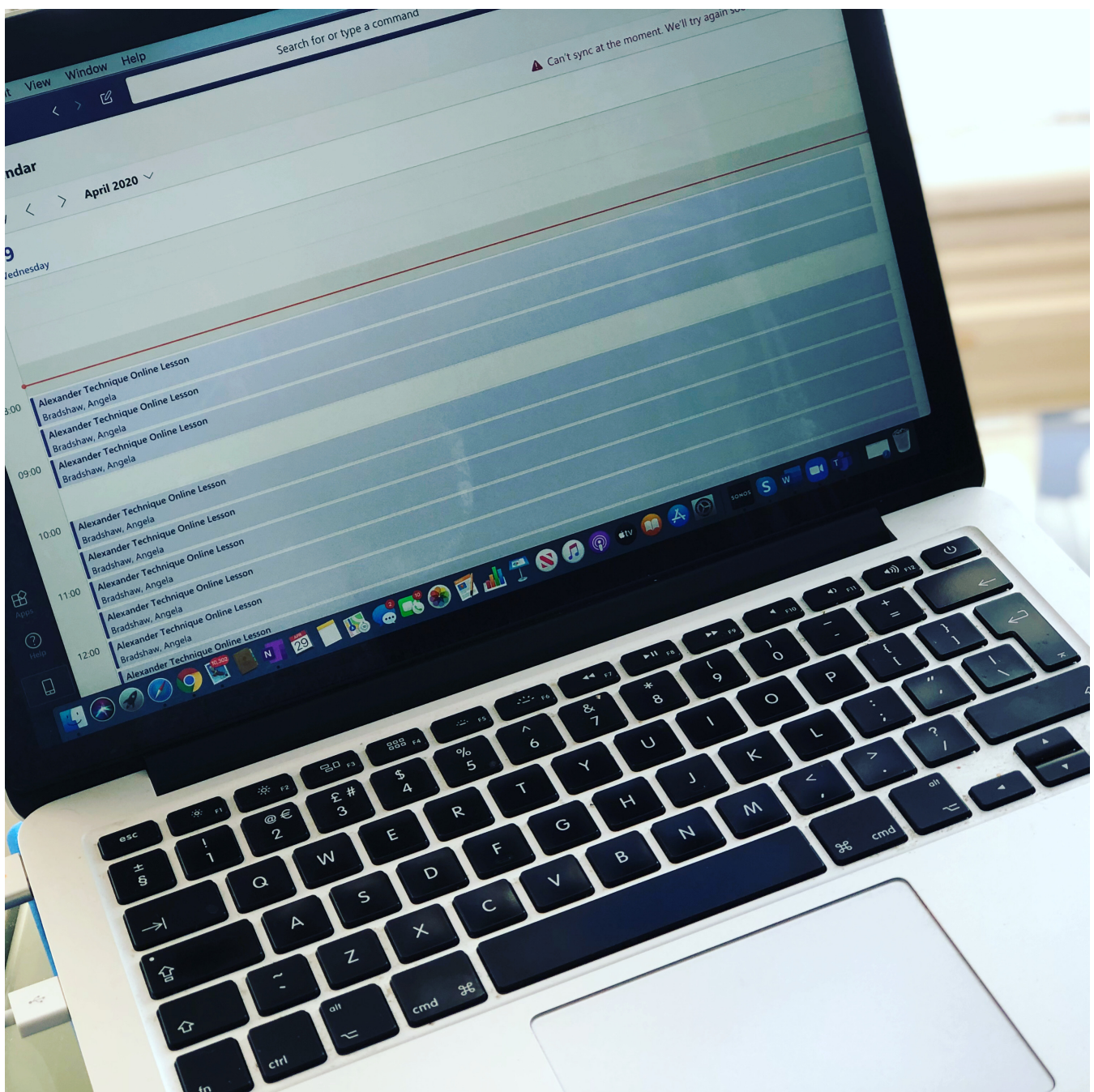


**Quotes** 'I find AT online harder than hands-on AT as you have to think about it more for yourself. However I look forward to AT lessons whether or not it is online as it is a time to really relax into your own body.'

I feel Alexander Technique offers you moments to pause and think about what is happening and each part of your body.'

13yo Music Scholar WC





'At first, I was a bit sceptical about having AT lessons online, as I thought it wouldn't be the same as doing it in person. However, the convenient continuity of AT lessons, through the 'online' life, made it pleasantly possible for me to release inevitable tension built up during these unprecedented times. Regularly having AT lessons, especially during lockdown, lays the foundation of a mindset that reminds me how useful it is to just 'drop what one is doing' and pay attention to one's body. A specific problem I face in my daily life is not breathing properly whilst my eyes are intensively focused on the screen and AT helps me draw attention back to breathing properly.

So, I am very happy that this opportunity has arisen as it has already induced a habit of me forcing myself to do some 'semi-supine' and is a good habit for the future. I have enjoyed online AT lessons *pari passu* with my previous hands-on lessons, but I think it is incontrovertible that having had this 'online' experience is a particularly good antidote to the necessarily sedentary 'lockdown lifestyle'. 18yo Music Scholar WC

Remote AT requires a lot more independence, I prefer hands on 1:1 , but it definitely works, it's still beneficial but more challenging. 16 yo Music Scholar wc

Alexander lessons have really helped me over this period. Especially having my lessons on screens most of the day, these lessons have made me really relaxed and comfortable. I also feel that I have to concentrate more on how I do each exercise as you are not physically there. 14 yo Music Scholar WC

I am really enjoying my online Alexander Technique lessons. Of course it isn't the same as being at school and having a hands-on lesson but I think that there are many benefits. One of the biggest changes for me is that I now feel as though I am thinking more about what you are saying and not having you there, in the room, makes me concentrate and engage my brain better than at school. I find that my AT lessons really come into practise when I do music practise as I tend to get some aches and pains. When this happens, I think of my posture and what I have learnt in my AT lessons and I find that it really helps. 15yo Music Scholar WC

I am also enjoying my virtual AT lessons. Obviously, there are downsides with using Microsoft Teams as it is not always the most reliable software, but I think that now we have had the mix of hands-on and hands-off sessions, we are exploring more areas of AT and it has been very beneficial. It is also good as I feel like I can put the lessons into practise out of lessons which I struggled to do at school because there were always so many people in my dorm. I often think about my AT lessons when I feel my posture getting worse throughout the day during online lessons and I now know how to fix it easily. I find that AT lessons really make a difference as I used to get many aches and pains but I get fewer now that I have had quite a few lessons. My posture also seems to become more natural each day which is definitely a good thing for me. 14yo Music Scholar