

More and more people are suffering from work related injuries or impairments. If someone in your workplace is hindered by pain or discomfort, then their productivity is consequently reduced.

It is also evident that the arrangement of therapy or treatment for work related injuries is invariably left until it severely limits our functioning. While still treatable, these injuries have become avoidably worse.

Access to the Alexander Technique will promote physical well-being in your workplace.

History of the Alexander Technique

Frederick Matthias Alexander's promising acting career became jeopardised when he began experiencing hoarseness while reciting. Doctors could find nothing wrong and prescribed rest. Upon returning to the stage the hoarseness returned. Determined to overcome this problem Alexander began to observe himself reciting. Through patient observation and methodical experimentation Alexander began to develop and articulate principles that not only enabled him to recover his voice, remedy childhood asthma problems, but also improve and maintain his general health and well-being. The Alexander Technique is primarily concerned with the *"The Use of the Self"*^{*}. It focuses on the cause of the problem, not the symptoms, and provides the means for re-education from misuse and habits that limit us all. The Alexander Technique teaches us how to change limiting patterns of movement and behaviour, recognise and release excess tension and stress, move freely and effortlessly, and accomplish tasks at home and at work with an economy of effort and energy.

^{*} "The Use of the Self" by F.M. Alexander.



*The recent ‘Health and Safety in Employment Act’
places the onus for health and safety directly on the employer!*

“Prevention, Care and Recovery”

Prevention:

The **Alexander Technique** will:

- Increase productivity
- Increase morale
- Minimize loss of time, production and property
- Minimize cost of temporary staff, compensation, allowances and fines
- Train staff in personal injury prevention
- reduce injury claims
- lower insurance premiums



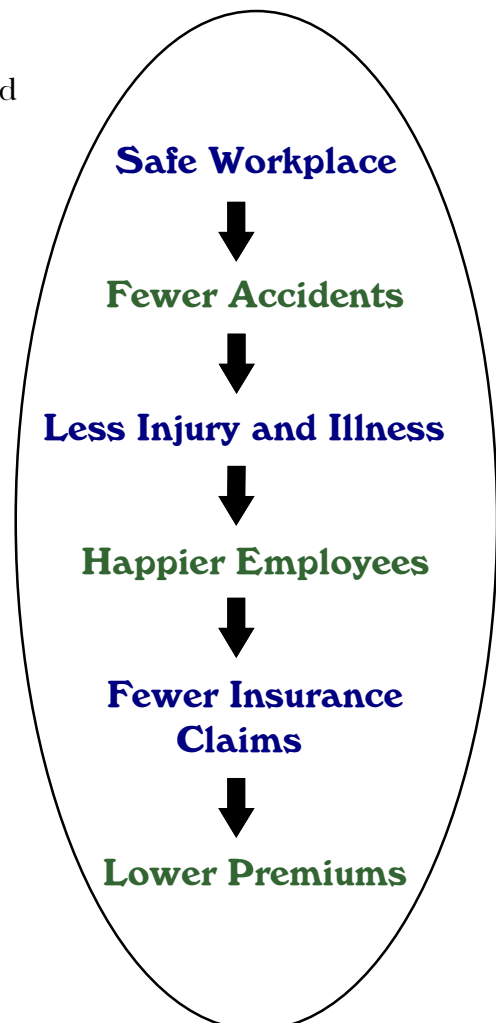
Care and Recovery: for staff suffering from pre-existing injury or illness.

The **Alexander Technique** will:

- Treat and rehabilitate pre-existing injury and illness
- Reduce permanent injury or disablement

The Alexander Technique can specifically help:

- poor posture
- poor workplace techniques
- release tension & stress
- hypertension
- relieve chronic pain from accident, injury or illness
- back and neck pain including slipped disc and sciatica
- shoulder and arm pain
- muscle spasms
- OOS / RSI
- migraines / headaches
- anxiety / depression



We offer tailor-made programs that allow for your individual needs and circumstances.

Your program will be designed to suit your **work environment, staff size, needs, and time constraints**. You can select from an **introductory workshop, group** and/or **individual sessions**, and **work station inspections**. We recommend a selection of all and will help you plan a program that best suits your workplace. For two practitioners onsite, your program will cost **\$100 per hour, plus GST**. As a part of this promotion we offer you a **free hour** for every ten hours booked.

We have devised a **trial** program to let you taste the benefits of the Alexander Technique. This program consists of a 1 hour workshop and 4 hours of group/individual sessions and work station inspections, all for \$500, plus GST. This program may run for up to 3 weeks.

Introductory Workshop. This is usually the first experience of the Alexander Technique. We work on an informal basis giving background, situation specific demonstrations, and lots of opportunity for discussion. During this workshop we encourage everybody to experience the Alexander Technique for themselves.

Group sessions: (max. 20 people) We believe people learn from their own experiences as well as from seeing and observing the experiences of others. Activities including improving self awareness, working at general posture, working technique, practicing releasing and relaxation techniques, and muscle strengthening.

Individual sessions: This is the best way to further the experience of releasing unwanted tension and pain. It provides timely relief for employees suffering from pre-existing injury or illness. Individual sessions usually last for 10 - 20 mins.

Work Station Inspection: This provides us with the opportunity to observe employees while they are working, offering suggestions on how to improve set up, ergonomics, use of ergonomic equipment, and efficiency of movement. Workstations should be a good physical fit with their user, and users should know how to adjust their workstations for maximum comfort.





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