



When Mary asked if I would be interested in taking a class this summer, I thought why not? The Alexander Technique sounded interesting, and it has been a while since I tried something new.

Not knowing what to expect, I pulled my hair back, put on my sweats and sneakers, and headed out the door. The "Alexander House" is a cottage located off the beaten path in our quiet little town of Armonk. The windows are covered in works of art, each one painted by Mary, except for one which looks out over a spruce. It's a small room consisting of a massage table, stools, bench, a chair, and trinkets used as examples. My sneakers were removed upon entering, and placed neatly on a mat. After a brief overview, I was now ready to start my lesson.

The Alexander Technique is not about lifting weights, sweating, or physical exercise. It was about stopping, letting go, being able to use your mind before you do the simplest of tasks. Allowing your body to release the tension, and to stretch through touch and focus.

After each 45 minute instruction, I left feeling energetic, and relaxed. The challenge is to continue the Alexander Technique after the class is over, to incorporate these lessons into every day life. Not as easy as it sounds, but an exercise worth trying.

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