

FRAMEWORK

The Alexander Technique needs a framework to grow in. This is because it's not an activity or set of movements. It's a practice that you apply to the things you do. So let's build your framework.

Goal: Start small but absolutely consistent, then increase your application each week for a new personal best.

Framework Key Areas

Everyday Movements	<ul style="list-style-type: none"><input type="checkbox"/> walking<input type="checkbox"/> Stairs<input type="checkbox"/> Sit to stand<input type="checkbox"/> Sitting dynamically<input type="checkbox"/>
Everyday Activities	<ul style="list-style-type: none"><input type="checkbox"/> getting ready in the morning<input type="checkbox"/> Making meals<input type="checkbox"/> Cleaning or tidying up
Professional Activities (Break these down into smaller chunks)	
Dynamic activities (i.e. exercise, movement related, or mentally challenging activities)	

Deliberate Practice	<ul style="list-style-type: none"><input type="checkbox"/> Directed activities<input type="checkbox"/> Semi-supine
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