

WHAT IS THE  
*Alexander  
Technique?*

The Alexander Technique is a method for retraining movement and postural habits, in order to decrease compression in the spine, and to, thereby, increase overall ease and efficiency of coordination.

/ EASE / ENERGY / LIGHTNESS OF BEING /

*"We translate everything,  
whether physical,  
mental or spiritual,  
into muscular tension."*

F. M. ALEXANDER



MEG JOLLEY

CERTIFIED TEACHER, AMERICAN SOCIETY  
FOR THE ALEXANDER TECHNIQUE  
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Meg Jolley teaches Alexander Technique in Pasadena, Santa Monica and Claremont, California. She has been on the Dance Faculty of Pomona College, Claremont CA for over twenty years. As a movement specialist, she teaches Anatomy / Kinesiology, Somatic Movement Techniques, Mind in Motion / Infant Developmental Movement, as well as the Alexander Technique.

/ WHAT LIES BEYOND HABIT? /

*Please contact me to discuss your needs; we can  
customize a teaching program for you.*

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MEG JOLLEY  
AND THE  
*Alexander  
Technique*

/ BALANCE / BUOYANCY / BREATH /

*mind in motion*

*"We are  
predisposed  
to openness..."*

PEMA CHÖDRÖN

## WHO CAN BENEFIT *from lessons?*

Training in Alexander Technique involves rediscovering the body's inherent, natural reflexes for upright balance and support in gravity. Its benefits of expressive, easy motion can be applied to daily life, athletics and the performing arts.

**DAILY LIFE** – This technique helps us recognize our own habits of holding, narrowing or constriction, and teaches us to “inhibit” or stop creating these patterns in our bodies and in our minds. We learn to redirect ourselves toward openness.

RELIEF FROM CHRONIC PAIN

INCREASED EASE AND EFFICIENCY OF MOTION

ENHANCED COORDINATION

INJURY PREVENTION / RECUPERATION

**ATHLETICS** – The Alexander Technique teaches us how to step out of habitual performance patterns, and affords us concerted practice in present attention, positive intent, directed energy, and muscle use appropriate to the demands of each moment.

EXPERIENCE OF CORE SUPPORT

ENLIVENED TORSO

REFINED, RESPONSIVE USE OF LIMBS

FREEDOM, EASE AND A SENSE OF “PLAY” IN ACTIVITY

COORDINATION OF THE WHOLE: BODY, MIND AND INTENTION

**PERFORMING ARTS** – For those who use their bodies as an instrument (actors, singers, dancers, musicians, artists, athletes), the Alexander Technique is a practice in discovering a wide range of expressive options outside the habitual “costume” of our everyday postural, emotional and movement habits.

STAGE PRESENCE

VOICE / BREATH WORK

CONSTRUCTIVE TECHNIQUES FOR DEALING WITH PERFORMANCE ANXIETY

TAKING CARE OF ONESELF DURING REHEARSAL AND PERFORMANCE PROCESS

INJURY PREVENTION / ARTICULATE BODY AWARENESS

EXPRESSIVE USE OF BODY / MIND / EMOTIONS IN FULL RANGE OF MOVEMENTS (FROM SUBTLE TO THE SUBLIME)

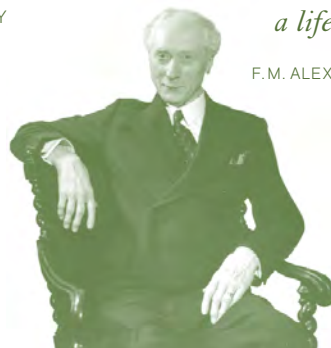
/ PRESENCE OF MIND / STAGE PRESENCE / GRAVITY / GRACE / GENEROSITY / OPENING / FREEDOM / CHOICE /

*“The Alexander Technique  
...a method by which the  
student can free himself of  
postural bad habits and  
become aware of the meeting  
point of his body and mind.  
At the same time the  
Technique corrects the align-  
ment of his body and his  
coordination in general.”*

MICHEL ST. DENIS

*“Change is carrying  
out an activity  
against the habit of  
a lifetime.”*

F. M. ALEXANDER



### F. M. ALEXANDER

Frederick Mathias Alexander (1869-1955) developed his remarkable technique in response to vocal problems he experienced as an actor. The Alexander Technique, now in practice for over 100 years, serves performers of all sorts; and has been accepted by the scientific community, as well, as an effective method for reducing unnecessary muscular tension, thereby improving coordination and alleviating chronic pain.

Some well-known proponents of the Alexander Technique:

*Actors:* Juliette Binoche, John Cleese, James Earl Jones, Steve Martin, Hilary Swank, Robin Williams

*Medical Professionals:* Dr. Lucy Brown, neuroscientist, Professor Nikolaas Tinbergen (Nobel Prize for Physiology/Medicine, 1973)

*Musicians:* Julie Andrews, Sting, Paul McCartney

*Writers:* Aldous Huxley, John Dewey, George Bernard Shaw

The Alexander Technique is included in the curriculum of noted institutions worldwide. Some of these include:

The American Conservatory Theater, The Julliard School, Los Angeles Philharmonic Training Program, NYU School of the Arts, The Old Globe Theater, The Royal Academies of Music and Dramatic Arts, London, UCLA, and Yale Drama School