



# How to Learn the Alexander Technique: A Manual for Students/G6517

By Barbara Conable

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A primer for students of the Alexander Technique, a well-known method for improving freedom and ease of movement and physical coordination. This book provides the first authoritative account of William Conable's concept, Body Mapping, the study of how our ideas about our bodies affect our experience and movement. This concept is integrated with a lucid explanation of the Alexander Technique that clarifies and simplifies the task of teaching and learning the Technique.

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#### **About the Author**

Barbara Conable is an Alexander teacher of 23 years experience and a teaching member of the North American Society of Teachers of the Alexander Technique and Alexander Technique International. She has taught at the Ohio State University and the Cincinnati Conservatory and is now President of Andover Educators. She is an active poet and the author and editor of several books about the Alexander Technique.

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