

BEFORE



Rounded shoulders in front of torso and the head is pulled in front of the spine. Probably sitting on bottom of tail bone instead of sits bones.



Shoulders are rounded inwards towards the center of the torso and the spine is collapsed pulling the head down towards the pelvis



This is by far the most embarrassing photo I have found of my 'use' before the Alexander Technique. I am hunched over with no awareness about my body! The photo speaks for itself.



Ugh...this picture speaks for itself. We see absolutely none of my neck and I have no awareness about my body as I'm taking this photo.

AFTER



Standing upright with shoulders hanging on either side of the



torso.

Standing upright with no downward pull in the front of the spine and the head is balanced, poised, on the top of the spine. And note: my purse is not hanging on my shoulder, but instead my fingers are curled around the straps and it doesn't pull me down to the ground.



Both feet are being used to stand upright, balanced and shoulders are out allowing hands to hang on either side of me.



Sitting on sit bones. Head is stacked on top of lengthened spine.