

LifeWork - Applying the Work in our daily and professional lives.



The LifeWork Module explores how to use the Work directly in your life. One of the distinguishing aspects of Alexander's Work is that it is designed to be applied *while* you are doing something - it fundamentally needs an activity of life. There are no exercises or techniques which 'belong' to Alexander, but rather, it is a study of the *quality* of you while you do whatever you do.

So, we study how you are being while you do dishes, or climb a mountain, play an instrument, work at your computer, sit in meditation, or whatever else you love to do. Sometimes we call this Activity Work or Situational Work - it is a most essential skill for Alexander Teachers.

The LifeWork Module is required for the Being You course, the AT Post Graduate Courses, and is a core, ongoing part of the Teacher Training