

Contemporary Alexander School Modules

Personal Integration - Embodying the Principles of Alexander's Work.

The Personal Integration Module offers you the tools for noticing how you are interfering with your innate design, and for making new choices in habitual ways of being. Sometimes we call this Personal Use - literally, how you are 'using' yourself; it is the core of Alexander Work.

It includes how to increase kinesthetic awareness, how to let go of extraneous tension, and how to receive support from the world around us.



Personal Integration is a part of the following Courses:

Being You (2 units)

Embodying Grace (1 unit)

High Touch (1 unit)

Personal Integration is a core, ongoing study in the Teacher Training Program.