



## Giving you an ACTIVE choice



**Elke Rudolph**  
Owner/Principal of  
Lansdowne Physiotherapy



**Amanda Robertson**  
Physiotherapist

# The Alexander Technique at Lansdowne Physiotherapy

The **Alexander Technique** is a powerful tool that can be applied to all aspects of daily life — it is a process of postural re-education.

The basis of the Technique is Alexander's discovery that a dynamic relationship of the head, neck and torso is the main factor in determining the most efficient use and functioning of the body.

As we become more aware of this dynamic balance, we can begin to observe and change habitual, unconscious movement patterns that are harmful.

Benefits from practising this Technique include **improved coordination** and an **enhanced sense of awareness** and **well-being**.

As you learn to release unnecessary tension, your ability to enjoy life increases.

People of any age and walk-of-life can benefit from lessons in the Alexander Technique.

Classes in the Alexander Technique are a favoured way for many health conscious people to increase their awareness of their everyday 'use' of themselves, and then to make positive changes.

People who experience posture-related discomfort — such as back and neck pain, tension or stress can learn to alleviate these conditions.

Performing artists and sports players can discover ways to enhance coordination and control.

**Elke Rudolph** is a qualified teacher of the Alexander Technique, having undertaken a three year training course on top of her physiotherapy qualifications.

Elke offers classes in the Alexander Technique, tailored for introductory, intermediate or more advanced levels. Each course consists of 6 weekly classes, with each class lasting for about 90 minutes.

Class numbers are kept small — only 5 or 6 students. This allows plenty of 'hands-on' time from Elke, while allowing students to observe and learn from their classmates.

Introductory classes are usually held on Tuesdays, between 5:00 and 6:30 pm.

*Come and talk with Elke or our office staff about the next course. We'd love to help you discover the ease and freedom that can come from the Alexander Technique.*

### Offering you a WIDER choice

- Back Pain
- Neck Pain
- Clinical Pilates
- Alexander Technique
- Aquatic Physiotherapy
- Postural Re-education
- Sports Injuries
- McKenzie Technique
- Continence and Pelvic Floor

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