

Online Alexander Technique Directed Activities

This is mostly geared toward those who don't have a teacher within driving distance to keep up in-person lessons. This would be optimally paired with travel to a teacher for lessons occasionally.

Only people who have had at least 10 lessons in-person with a Certified Alexander Technique are eligible. This is not an Alexander Technique lesson but a place to use the skills built up through past lessons to refresh your use of Directions and Thinking in Activity.

Set up would include:

- good front and side lighting
- a chair with a straight back and non angled chair seat or stool
- a mirror that reflects your side view to me as I see you straight on in screen
- enough space back from computer so I can see you full length during session
- a mat for constructive rest with various books nearby to adjust head height
- a good internet connection
- ideally a laptop or at least tablet so you can see me and possibly yourself during some of session.

First session: 20 minutes free

Introduction of myself and discussion of any injuries or medical issues that may impact the session.

Fine tuning of your set up (hopefully you have tested this out yourself)

If you are interested in further sessions I will send you a consent form to fill in and send back electronically. If you aren't able to do that you can print out the consent form and send me a picture of it filled in and signed.

All sessions after: 20 minutes \$40 each paid by E-transfer in Canadian funds

These won't take place until I have a copy of consent form and payment for that lesson.

If you are interested in these sessions please email me at lenekroll@gmail.com or phone 250 385 2600. I will send you more details once we have connected.

Enjoy your day!

Lene