



Alexander Technique and Pregnancy

Words: Charlotte Rolleston-Smith


If you are pregnant, or perhaps planning a pregnancy, then taking lessons in the Alexander Technique could be of great benefit to you. The Technique teaches people how to be poised and stress-free within their everyday activities, and this is an invaluable skill during the months of pregnancy. As a mum-to-be you learn to stay aligned as your body shape changes, enabling you to carry your growing baby more easily. Many of the discomforts associated with pregnancy, ie. backache, heartburn, breathlessness, can be alleviated when you know how to stay light and balanced despite your increasing size.

Lessons in the Alexander Technique help to keep you tuned in to your body, and give you the

knowledge and confidence to manage the unfamiliar and unexpected; from the ups and downs of being pregnant, through to the demands of labour and the intense challenge of giving birth. Knowing how to work with your body can make all the difference, and the insights you gain from learning the Alexander Technique will greatly enhance your chances of a happy, trouble-free pregnancy and a positive birth experience.

Thanks to Charlotte Rolleston-Smith, Alexander Technique Teacher in Wadhurst and Tunbridge Wells 01892 783707 or email: charlotte.rs@uwclub.net

To find a teacher near you visit www.stat.org.uk



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The Alexander Technique
for:
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