
The strength within

After a childhood stroke, James Power found healing through the Alexander Technique – now he's helping others rediscover movement and ease

A new company specialising in the Alexander Technique is growing from strength to strength in Knutsford, Cheshire.

James Power, the founder of Find Your Backbone, is a registered member of The Society of Teachers of the Alexander Technique, and is determined to pass on his knowledge and experience. He was just six-years-old when he had a stroke, a devastating diagnosis which changed everything and left him unable to walk and struggling to use his left side.

James explains: 'When I was a teenager, I was still quite disabled and in constant pain and discomfort. An act of kindness transformed my life when a teacher suggested that I read up on the Alexander Technique. I'm now 42 and have recently completed a half-marathon and regularly run 10km races.'

'I am completely committed to helping people learn about this beautiful technique. After having a stroke as a child, it gave me back the ability to run and walk and play the sports I love without pain. Every day, I see the impact the Alexander Technique has in helping people to reduce stress, reduce back pain and improve their confidence.'

Alexander Technique teachers gently use their hands to show people how they can undo unnecessary tension and rebalance their coordination so that the tension doesn't return, and so they can carry out daily activities more efficiently and skilfully.



PHOTO: PHIL TRAGEN



PHOTO: JAMES POWER

This helps to mitigate problems caused by unhelpful habits and is regarded as an effective and powerful way to improve posture and performance.

A recent large study published in the *British Medical Journal* showed a sustained 86 per cent reduction in days with chronic low back pain after a course of lessons.

James's studio is based in the Soul Reformer Pilates Studio right next to Tatton Park. As well as providing lessons in the Alexander Technique, Find Your Backbone provides training days and consultancy to businesses around the UK who wish to improve the wellbeing of their employees. Back pain and stress are well-known for being the cause of most absences in the workplace.

With a wealth of experience, James and his team are finding ways to ensure people are able to avoid injuries, reduce stress and overcome long-term back and neck pain.

More information about Find Your Backbone and James Power, can be found on the website findyourbackbone.com

