



**Free up!**

## **Drop-in Alexander Technique classes in Walsden**

**Learn to move with better posture, more awareness, greater freedom and less chance of pain<sup>1</sup>.**



**When:** Wednesday evenings 7.30-9.00 pm during term time

**Where:** Todmorden Alexander Technique Studio, Walsden

**Cost:** First session free. After that - pay as you feel (comparable classes like yoga are typically £8-£15)

**Booking:** Please contact me before you come for the first time so I can make sure the class will be suitable for you

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### **Aims:**

- Learn to apply Alexander's techniques to move without unnecessary strain
- Improve awareness of postural and muscular habits and your own anatomy
- Benefit from the active rest exercise.

### **Timetable (see table below for more detail)**

7.30	Active rest
7.45	Practical anatomy with Bob the skeleton
8.05	Activity with hands-on work
8.35	Game (or break)
8.45	Reading/ discussion
9.00	Close



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<sup>1</sup> In [clinical trials](#), chronic lower back pain was reduced after a course of 24 Alexander Technique lessons from 21 days of pain to just 3. .

## Timetable Autumn 2025

Date	Practical anatomy	Activity
17/9/25	Neck (atlanto- occipital) joint	Climbing a step
24/9/25	NO CLASS	NO CLASS
1/10/25	Hip joint	Walking backwards
8/10/25	Ankle joint	Writing
15/10/25	Knee joint	Working at a keyboard
22/10/25	Shoulder joint	Using a brush or rake
5/11/25	Neck (sterno- cleido-mastoid)	Using a knife
12/11/25	NO CLASS	NO CLASS
19/11/25	Trapezius muscle	Lifting a weight
26/11/25	Psoas muscles	Knees forward and away
3/12/25	Deep muscles of the spine	Coming down a step
10/12/25	Latissimus dorsi muscle	Going up on toes

## What is Alexander Technique?

Usually taught with verbal instructions combined with hands-on guidance it helps you adopt freer and more efficient patterns of movement. Most of us use more muscular effort than we need - we will learn techniques for 'unlearning' habits of overwork leading to better posture, less strain on joints, better coordination and more energy left at the end of the day!

