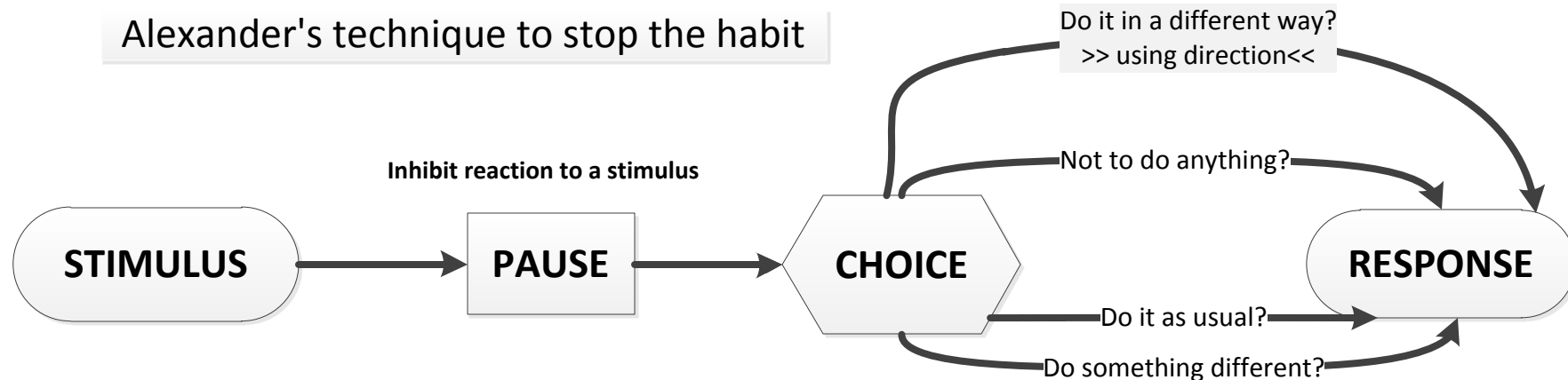


The Alexander Technique: 'Inhibition'

The Habit



Alexander's technique to stop the habit



“Alexander recognised that as soon as we think of doing something, our brain and muscles start to prepare for action habitually. So he realised that to change his habit he had to inhibit his reaction to the stimulus: to pause and let go of the outcome to allow himself a choice. This re-programmed his brain and muscles and released him from his habit.” Penny O'Connor 2012