

Back Care Basics Using The Alexander Technique

Workshop for Faculty, Staff, and Students

“We cannot always change the demands of our professional and personal lives, but with conscious attention we can change the way in which we move so that we are no longer restricted by our habits.” ~ Wendy Salkind

What past participants have said about UMBC Alexander Technique programs:

“When it comes to The Alexander Technique, I am a believer. Wendy is wonderful.”
Dr. Freeman Hrabowski

“This workshop taught me how to be much more conscious of how I am holding my body, especially when I am sitting at my desk using my computer. I have noticed a very positive difference in how I feel as a result of these practices.”

**Thursday
April 17, 2014**

2:00 – 4:30 pm

**University Center
Room 312**

Currently, in the United States and other Western countries, back pain is one of the most common physical complaints, causing loss of work and limited range of movement. For many people, work requires that they sit for sustained periods of time, which creates huge challenges for their spines. Even the most sophisticated ergonomically designed chair may not relieve symptoms.

The Alexander Technique has been recognized by the Mayo clinic and in studies reported in the British Medical Journal, as a proven method of self-care that can reduce back and neck pain, increase mobility, and improve balance, breathing, and flexibility. Whether your back pain is caused by inactivity, injury, stress, faulty body mechanics or constricted posture, the Technique offers you a means of releasing unnecessary muscular tension by changing your way of moving.

In this workshop you will learn:

- How to apply basic principles of the Alexander Technique to a range of daily activities, such as standing, sitting, walking, bending, reaching, and working at your desk, among others.
- A life-long practice that, through conscious attention, allows you to move as supported by your intrinsic physical design.

About the Instructor:

Wendy Salkind is a Professor in the UMBC Department of Theatre and she was the UMBC Presidential Teaching Professor from 2010-20123. She is also a certified teacher of the Alexander Technique, which she has taught for 20 years to individuals and groups. Currently, she teaches in the Alexander Technique Mid-Atlantic training course in Baltimore.

Register on the web by April 9th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.

