

Cyfarwyddiadau Techneg Alexander (yng Nghymraeg) Alexander Technique Directions (in Welsh)

Tra byddwch yn sefyll neu eistedd

Hoffwn adael i fy ngwddw ryddhau
Er mwyn i fy mhen ryddhau ymlaen ac i fyny
I alluogi fy nghefn i ymestyn a lledaenu
Ac i fy mhen-gliniau allu rhyddhau ymlaen ac i ffwrdd (oddi wrth y llall)

Tra byddwch yn lledorwedd ar eich cefn

Hoffwn adael i fy ngwddw ryddhau
Er mwyn i fy mhen ryddhau ymlaen ac i ffwrdd oddi wrth fy nghorff
I alluogi fy nghefn ymestyn a lledaenu
Ac i fy mhen-gliniau rhyddhau fyny (tuag at y nenfwd)

While you are standing or sitting

I would like to allow my neck to release
So that my head releases forward and up
To allow my back to lengthen and widen
And my knees to release forward and away (from each other)

While you are semi supine (lying on your back)

I would like to allow my neck to release
So that my head can release forwards and away from my body
To allow my back to lengthen and widen
And my knees to release up (towards the ceiling)