

Name:

Reasons for wanting to learn the Alexander Technique (including specific problems you are hoping to help with):

Lesson No.	Date	Notes after lesson –you could include observations, learnings, confusions and any 'shifts' to your way of perceiving things.
Intro		
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Overall changes I've noticed so far:*	
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Changes I've noticed since starting my lessons:*		

***consider the following:**

ease of movement, pain reduction, improved posture, shape of body, ease of breathing, ability to be less reactive, improvement to self-awareness, increase/decrease in height, ease in learning a specific skill (eg playing an instrument, dancing, horse riding, crafts etc), ability to handle stress situations, less tension headaches, energy levels, freer voice, self esteem, lessening of numbness/tingling sensations, lessening of 'clumsy' tendencies, improvement to arches of feet, anything else