



**Karyn Chapman** has spent her whole life involved in body movement—classical ballet from the age of five and as a student of yoga from her early teens. At 20, back problems forced her to stop her yoga and dance, and surgery was recommended to correct the problem.

Karyn moved to London and was introduced to the Alexander Technique (AT) by a man who was trained both as a teacher of the AT as well as of yoga. This

was a turning point and made her realise that her back problems were mostly caused by what she had been doing. She also realised she could still continue with her yoga if the principles she had learnt from the AT were applied.

Karyn then went on to complete three yoga teacher-training courses with FRYOG (Friends of Yoga) in London, 1977; IYTA (International Yoga Teachers Association) in Sydney, 1979; and the London Iyengar Institute in 1985.

She started her three years of training to become an AT teacher in 1982 in London. Back in Sydney in 1985 she worked at the ATA (Alexander Teaching Associates) Teacher Training School. She continued working at training schools for a further eight years.

Karyn pioneered the combination of yoga and the AT in Australia. During her 16 years of teaching in Sydney, her time was spent between yoga classes and private AT lessons. She holds regular workshops and residential throughout Australia and New Zealand.



**Tara Chapman** was six when she started attending her mother's yoga classes for children. The following year, the family moved to London and Tara began regular AT lessons at the school where her mother was training. At 18, Tara started her three-year AT teacher-training in Sydney, then worked as an assistant to Karyn in all her yoga classes, private lessons and workshops.

In 1997, Tara started her IYTA teacher training course, and set up her own yoga classes in 1998. She has also spent time working with actors in the AT at various Sydney drama schools.

From mid-2002, Karyn and Tara will apply their knowledge and expertise at The Back School in Brisbane. They will offer individual lessons in the AT, plus introductory workshops for the public, and small-group classes in yoga.

# Our guarantee to you:

Our commitment demands that you enjoy great value for money.

Each lesson, we guarantee that you will learn new skills and techniques and gain new understanding that you may apply IMMEDIATELY to make a difference to your life—**otherwise you don't pay for your lesson.**



The **SMART** solution to pain and stress

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[www.backschool.com.au](http://www.backschool.com.au)

Book now for your individual Alexander Technique lessons or small-group yoga classes.

**Ring Karyn or Tara on 3358 3377**

Individual Alexander Technique lessons given by appointment.

Small-group yoga classes—times etc as per information sheet.

The Alexander Technique is now recognised by many health funds as a very worthwhile preventative measure to maintain good health. Please check with your health fund regarding coverage.

# the Alexander Technique

**AT LAST!** Learn how to lose your pain and stiffness!

No matter what your age is, poise and flexibility really ARE within your reach.



The **SMART** solution to pain and stress

## Ever seen a little kid with a bad back? When babies start to sit up, why are their backs straight?

You're born with unconscious flexibility and the instinctive knowledge of how to move gracefully. But along the way you can lose these precious gifts.

### Lifestyle steals your gifts

Just think of the chairs you slouch in; the desks you curve over; the computers that you slump, hypnotised, in front of; the uncomfortably fashionable shoes you totter in; the heavy bags you stagger under ... from primary school onwards.

The way you've used your body during your life has now become a "normal" unconscious habit to you. As young people, we all believe we're bullet-proof—but eventually bad habits catch up with everyone.

It's human nature to take action only when your back's against the wall. That's how many people came to discover the astonishing benefits of the Alexander Technique. (In fact, it's how Alexander himself, originally an Australian actor, came to develop his now-famous technique in the 1880s.)

*Your body makes demands on you that you unconsciously adapt to during life.*



## Just what is the Alexander Technique?

The Alexander Technique is a process of reversing and re-educating. But this process is also a fascinating one of self-discovery! You learn to become conscious of the way you habitually move, or "use" yourself, in your daily life. Habit denies choice, but when you know what's going on, then your range of choices and possibilities expands greatly.

Alexander discovered that a certain dynamic relationship of the head, neck and torso is the main factor in determining the most efficient use and functioning of the body. How you re-learn this equilibrium is with a qualified Alexander Technique practitioner such as Karyn or Tara Chapman, of The Back School.



## Is the Alexander Technique just for bad backs?

Definitely not! Many unpleasant conditions stem from your back's lifelong adaptation to unfavourable external conditions. Some may seem unrelated, but will nevertheless respond to the Alexander Technique:

- Difficulties with co-ordination and movement;
- Joint and muscle problems;
- Headaches, neck aches, and of course back problems;
- Carpal tunnel syndrome;
- Stress;
- General fatigue;
- Breathing/speaking problems.

Not surprisingly, the Alexander Technique helps performers improve their stamina, increase clarity of perception, free up spontaneity and manage stage-fright.

Sportspeople use it to improve flexibility, timing and efficiency, and to be on form more consistently.

It enhances rehabilitation after surgery, injury or illness; it provides support during pregnancy and preparation for childbirth; it helps to manage pain; it supplies coping skills for chronic illness and disabilities.

*The biggest benefit of all: your body will become your friend again.*

## What are lessons like at The Back School?

First, your lifestyle and body type will be assessed by Karyn or Tara. You'll find out immediately whether you will benefit from the Alexander Technique.

In each lesson, to which you'll wear comfortable, non-restrictive clothing, your teacher will gradually bring your habitual patterns of use to your awareness.

By means of simple explanations reinforced by gentle touch, she will give you information about alternative and freer

patterns of moving. You'll practise these together so you're sure to get them right. No need to fear information overload; progress will be at your pace. As you learn these new ways of moving, you put them into practice in your daily life so you become unconsciously skilled in your new, good habits of body-use.

## How long will it take me?

Unlike therapists you may have consulted in the past to "fix" you, we teach YOU how to FIX YOURSELF. You won't be coming to The Back School for ever, because our objective is to help you get better so you'll eventually leave us to enjoy your new, pain-free-life!

## Alexander Technique and yoga

The Back School also offers small-group yoga classes which teach aspects of nutrition, flexibility, strength, breathing and relaxation. After a course of Alexander, many people wish to "maintain" their new body with the Alexander-influenced yoga taught at The Back School. Yet others come to yoga first, then realise the benefits of learning the Alexander Technique. Whatever you choose, you'll be assured that what you learn is individually tailored to YOUR body.