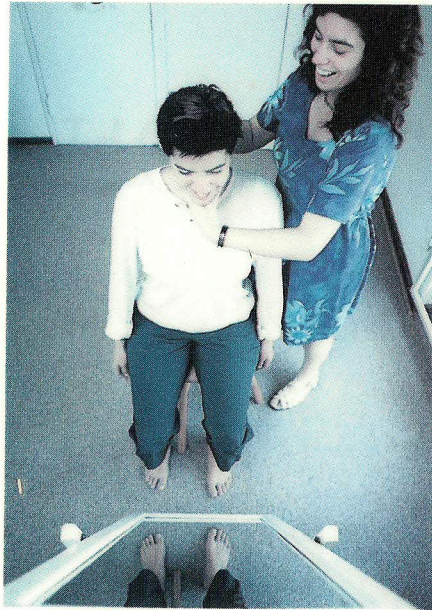


health

Teacher Noeline Levinson puts singer  
Wendy Oldfield through her paces



Photograph by Anton Hammerl

## posture perfect

Stress has a negative impact on the body, both physically and mentally, very often resulting in an aching back, sore neck or tense shoulders. Office activities like working in front of a computer and standing or sitting all day can all contribute to negative postural behaviour. The Alexander Technique teaches people how to use their bodies with the minimum of tension and stress by teaching them optimal posture. The technique works with the physical body and aims at changing negative tensions, movements and postures into positive ones. "It's all about letting go to be upright," says Alexander Technique teacher Noeline Levinson. When your posture is incorrect, the body has to work hard at keeping that posture, whereas when your alignment is correct, the bones rather than the muscles support the body. The Alexander Technique is not a quick fix—it's a long-term solution that re-educates the body. Followers of the technique believe the body is a reflection of the mind—when you unlearn damaging habits you allow the body and, by proxy, the mind to function at its optimum. Teachers of the Alexander Technique in South Africa are regulated by the South African Society of Teachers of the Alexander Technique (SASTAT).

**For more information, contact Noeline Levinson at (011) 787-2622 or Thea Kreft, SASTAT, at (011) 886-8665.**