

From Wynyard to the world stage – FM Alexander’s Technique changes lives

We know the benefits of Frederick Matthias Alexander’s Technique, one that he created to help learn your way out of pain in a day. ‘FM’, as he is popularly known, came from humble beginnings, born at Table Cape on 20 January 1869 in Van Diemen’s Land. But this only helped, not hindered, his rise to become a leading figure in London society as the discoverer of the Alexander Technique.

Through the popularity of his Technique, FM mixed with a cross section of people, including politicians, aristocrats, royalty, actors, musician and performers, as well as many others whose beginnings had more in common with his early years.

He died in 1955 but his legacy continues. In 31 countries, about 4000 teachers continue to teach the Technique, and the many testimonials from people who have benefitted from lessons in are evidence of the value of FM’s discovery.

The Australian Society of Teachers of the Alexander Technique know the amazing effects of the self-help method. But don’t take our word for it!

Who’s Who - some of the world’s biggest names praise the Alexander Technique

“I find The Alexander Technique very helpful in my work. Things happen without you trying. They get to be light and relaxed. You must get an Alexander teacher to show it to you.”

John Cleese, Actor

"Incredibly good posture, with incredible relaxation."

Hugh Jackman, Actor, describing the benefits of the Alexander Technique in an interview

“The Alexander Technique helped a long standing back problem, and to get a good night's sleep after many years of tossing and turning.”

Paul Newman, Actor

“The Alexander Technique will benefit anyone whether they are an elite athlete or whether they just wish to live life without the aches and pains that many people suffer and accept as part of life. It is a pity that these techniques are not shown to us all at an early age for I have no doubt that this would alleviate many of the causes of ill health in our communities.”

Greg Chappell, Australian Test Cricketer and Captain

“The Alexander Technique works...I recommend it enthusiastically to anyone who has neck pains or back pain.”

Roald Dahl, Writer

“The Alexander Technique has helped me to undo knots, unblock energy and deal with almost paralysing stage fright.”

William Hurt, Actor

"Alexander established not only the beginnings of a far reaching science of the apparently involuntary movements that we call reflexes, but a technique of correction and self-control which forms a substantial addition to our very slender resources in personal education."

George Bernard Shaw, writer, Nobel Prize winner for literature

"I love the Alexander Technique. It has corrected my posture, improved my health and changed my life."

Alec McCowen CBE, Actor

"The Alexander Technique has played an important and beneficial part in my life."

John Houseman, Actor, Producer and Director

"The Alexander Technique makes a real difference to my often tense and busy life. Its thoughtful approach has made me calmer, improved my concentration and given me a clearer sense of my own well being. I am grateful for it."

Joan Bakewell, TV Presenter and Journalist

"I can definitely say without hesitation that I wouldn't have had the rowing success that I have had the luxury of experiencing in my short time on the water, without finding the AT and the great teachers that I have had the privilege to work with."

Valerie Thompson-Williams, rowing Masters gold medallist

"In the hands of a good teacher, The Technique is invaluable to anyone who seeks to maintain health physical posture and alignment."

Ralph Fiennes, Actor

"With the best intentions, the job of acting can become a display of accumulated bad habits, trapped instincts and blocked energies. Working with the Alexander Technique has given me sightings of another way... Mind and body, work and life together. Real imaginative freedom..."

Alan Rickman, Actor

"Alexander Technique really helped my posture and focus during my stint as Othello... Imagine how excited I was when arrived at the National Theatre for Comedy of Errors and found I could have Alexander taught to me once a week, I was chuffed to little meatballs."

Lenny Henry, Comedian and Actor

"Question: Which book changed your life?"

Answer: The one the teacher put under my head during the Alexander Technique sessions at RADA. I grew an inch and a half.”

Q&A: Jonathan Pryce, Actor, The Guardian, May 7, 2015

On January 20 2019 teachers of the Technique, family, friends, the interested and the curious will gather in Wynyard to celebrate the man, his life and his legacy. An open invitation is extended to all where there will be opportunities to have an experience of the Technique with a teacher, and learn more about the man, his legacy, and his family history.

Australian Society of Teachers of the Alexander Technique (AUSTAT)

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