

The Alexander Technique for Pregnancy and Parenting

By Christie Johnson

Over 80% of women report back pain in pregnancy. Trying to balance the added weight of the growing baby can take its toll both physically in sitting, squatting and even climbing stairs, as well as emotionally as hormones shift. During delivery there is the challenge of maintaining calm amidst contractions. Then, after delivery there is the awkwardness of carrying baby, the car seat, the diaper bag and possibly groceries all in one load. How does one maintain balance and prevent injury through all of this? *The Alexander Technique (AT)* has been a valuable resource for mitigating these challenges.

A century old method, *AT* teaches movement efficiency. Pregnant women have found it extremely helpful in learning how to reduce stress and impact on the body. As the baby grows, there is a tendency for many women to accommodate the extra forward weight by leaning back. This can create lower back pain and sciatica. *AT* teaches Mom how to make the best use of the internal torso

space to provide for better breathing, improve digestion and thus increase her energy.



During delivery *AT* promotes better balance, breath, coordination and support. Women learn how the pelvic floor is designed to release. Most importantly, they learn to focus on their body's natural rhythms during the birthing process and find more resources within each moment versus thinking of just the end result of the birth.

Parents have found tremendous comfort in learning how to move more naturally with less tension using *AT*. Parents also learn to respond in an easier way to stimuli. This is especially useful in dealing with late night feedings, bathing, dressing and playing with babies.

Pregnancy and parenting require an immense amount of energy. *The Alexander Technique* helps redirect excess efforts into more resourceful energy allowing for better balance for all.

Christie Johnson, Certified AT Teacher, offers introductory AT workshops the first Wednesday of each month from 10:30 am to noon, for pregnant moms, new parents and babies at Pickles and Giggles located in Temecula Town Center (Target Shopping Center) 27548 Ynez Road # I-5, Temecula , CA 92591. Cost is \$35. To register call 308-1622 or for further information go to:

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