

Optimize Your Wedding Poise



Brides are beautiful. Right? They have the ultimate perfect dress, hair-do, facial, finger nails, makeup and the like (all important parts of the whole event). Too often they miss one of the most important elements, **POISE**. I have seen many brides and many wedding pictures hanging in private homes or on iPhones. It fascinates me that one spends hundreds and typically thousands on the wedding accessories, but then exhibits a rounded collapsed posture for the biggest picture taking day of her life. Poise is the missing link to the most graceful beautiful brides. Poise like Jacqueline Kennedy Onassis had is priceless. Do you know one thing that she did to improve her poise? She took Alexander Technique Lessons.

She took what? She took Alexander Technique Lessons. The Alexander Technique allows one to walk with grace, dance with fluidity, speak with confidence and clarity, stand without slumping and feel comfortable on stage. The bridal stage is BIG! The Alexander Technique teaches you how to respond versus react. Yes, it is not called the biggest day of your life for no reason. The pressure builds. You've seen the movies, heard the stories and witnessed the bridezilla effects. You say, well that's not me. I have no tendencies towards the bridezilla sorts.

How about a small test? Notice yourself sitting at the computer, talking on the phone, eating or standing at a counter. Are you collapsed or round shouldered? Has your mother or even grandmother ever told you to stand up straight? Are you suddenly pulling your shoulders back in reading this right now? In recent pictures did you quickly delete them from your digital download because you thought, that cannot be me? I do not really slump like that. Do I?

If you are currently noticing that you tend to slump or collapse regularly and you have a wedding date set then Alexander Technique lessons should be on the top of your necessities list. They offer you a life skill that will help you through your biggest day as well as all the days there after with more grace. All people benefit from more of this.

It is not a pull your shoulders back deal. That only works for so many seconds or minutes. Then people typically go right back into a deep curvature. The Alexander Technique teaches you how to be comfortable with beautiful balanced elegance. Think Jackie O again. Google her pictures.

Grooms can benefit too. For many it may be one of their first public speeches and dances. Why not start out with a skill that helps to give you the glide and the gusto to go before the world and proclaim your vows with confidence? Did you know **Superman**, Christopher Reeves, studied The Alexander Technique specifically for that transformation from Clark Kent to *Superman*? Learn to redirect your attention, go forward and up, release wedding jitters, maximize wedding prep harmony, optimize photo opts and propose your first toast with connection and clarity. Start out by polishing your ability to listen deeply, communicate clearly and *enjoy the Joy* of balanced, poised movement in your new life chapter!

For Alexander Technique lessons or workshops:

Christie Johnson, ATI Certified Alexander Technique Teacher

Free Your Form, Function & Flow... 951-312-2188 www.FormFunctionFlow.com

