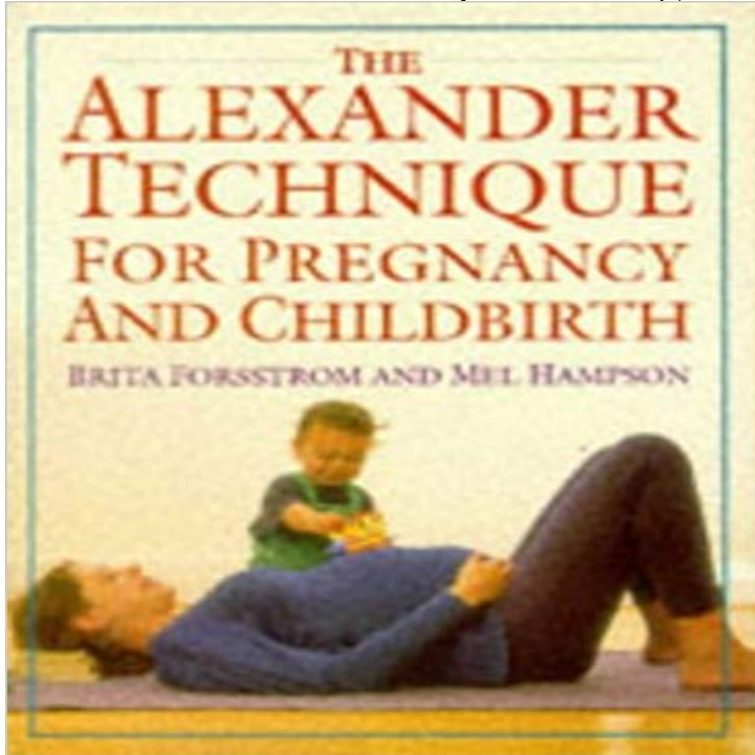


The Alexander Technique for Pregnancy and Childbirth



The Alexander technique is designed to encourage good body use which, when attained, improves posture, stamina and wellbeing, and relieves tension and pain. This book shows how the Alexander technique can be of benefit in pregnancy and childbirth, and also in the first months of the child's life. This book is for pregnant women and for those planning to have a child.

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