



Aaron Alexander: Aligning Body, Mind, and Environment for Transformation



Celebrity movement coach and manual therapist Aaron Alexander offers a revolutionary approach to body alignment to build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible. Discover how your environment can influence the way you feel by influencing the way you move, and identify things you can do to make your environment work to your advantage.

TOP EMBODIMENT TIP: Let the environment shape and massage you into doing something that's healthier.

Feeling Your Body: Your body will recognize when it is not in alignment. It is up to you to make adjustments.

- Your environment is continually forming you.
- The way our environment is now it folds ur structure forward
 - Head and neck slouched forward, shoulders rolled, collapsing knees
 - Result of raised chairs, raised toilets, car seats, items developed for comfort but which are unnatural to our bodies natural structure.
- Your cells don't have eyes, but they can feel you, and they can feel you when you are not feeling right.
- Ask yourself, "am I training my body in the present moment?"
- You can change your felt state by changing your physical structure.
- You are the foremen of the structure that is yourself.

Maintaining a Proper Seat: When you can you should attempt to keep your hips raised.

- The lower spine is in the shape of a wedge (around the L-5 and S-1).
- Using a prop (ball, Yoga block, etc.) you should aim to sit with your hips raised higher than your knees.
- When you sit with your hips raised, you are going with the trend of the vertebra as opposed to rolling or sliding back into a seat and thus pressing back on the vertebrae.

Resources

- ❖ **Books:** *The Align Method*
- ❖ **Courses:** The Align Method, Free Align Method Master Class
- ❖ **Website:** <https://www.alignpodcast.com/>
- ❖ **Social:** @thealignpodcast, Facebook: <https://www.facebook.com/alignpodcast> Podcast: Align Podcast
- ❖ **References:** *Waking the Tiger*, Peter Levine



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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