



Cathy Madden: Integrative Alexander Technique



Cathy Madden is Teaching Professor for the University of Washington's Professional Actor Training Program, and Director of the Integrative Alexander Technique Studio of Seattle. Explore how Integrative Alexander Technique is a tool for kindness - with an introduction to the process, games to explore applying the ideas, and tools to take with you in your life.

TOP EMBODIMENT TIP: Ask to coordinate head and spine to offer kindness to ourselves and the whole world.

Alexander Technique: What is it?

- Constructive, conscious kindness to yourself.
- A tool to integrate kindness into the nooks and crannies of everyday life.

Opening Exercises: Constructive Thought and Movement

- What we think and how we think; using yes is powerful.
- The relationship between the Head and Spine is constantly moving, even though we don't notice it.
- Always doing perfectly what you know, based on the current information that you have.

Head & Spine: Understanding The Relationship

- Scrinch, when the head and neck are compressed and compacted; there is less fluent movement which impacts the entire body.
- If you coordinate the head and spine, it allows fluid movement throughout the body and achieves proper flow through the meridians of the body.
 - Ask - head moves, all of me follows

Practice: How to Use the Technique Every Day

- Put the technique on a cue; e.g. picking up a cup, ask self to coordinate head and spine to pick up the cup.
- Experiment with things that you care about.
- It will become a part of daily life; a studied rehearsed plan.
- Practice each movement, coordinated and scrunched to see the differences.

Resources

- ❖ **Books:** *Teaching the Alexander Technique: Active Pathways to Integrative Practice* (Jessica Kingsley, 2018)
Integrative Alexander Technique Practice for Performing Artists: Onstage Synergy (Intellect, 2014)
- ❖ **Website:** [Cathy Madden Integrative Alexander Technique](#)
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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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