

# Everyday Alexander

WITH SARA SOMMERS

*Clues and cues for comfort while driving,  
computing and using your phone.*





# About The Alexander Technique:

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Find freedom from pain, stress, tension and poor posture. Practice the Alexander Technique! It's a scientifically proven method of self-care that has helped countless people worldwide improve balance, poise and well-being. Sara Sommers, certified in Alexander, Ergonomics and Mindfulness devises the right program for your needs.





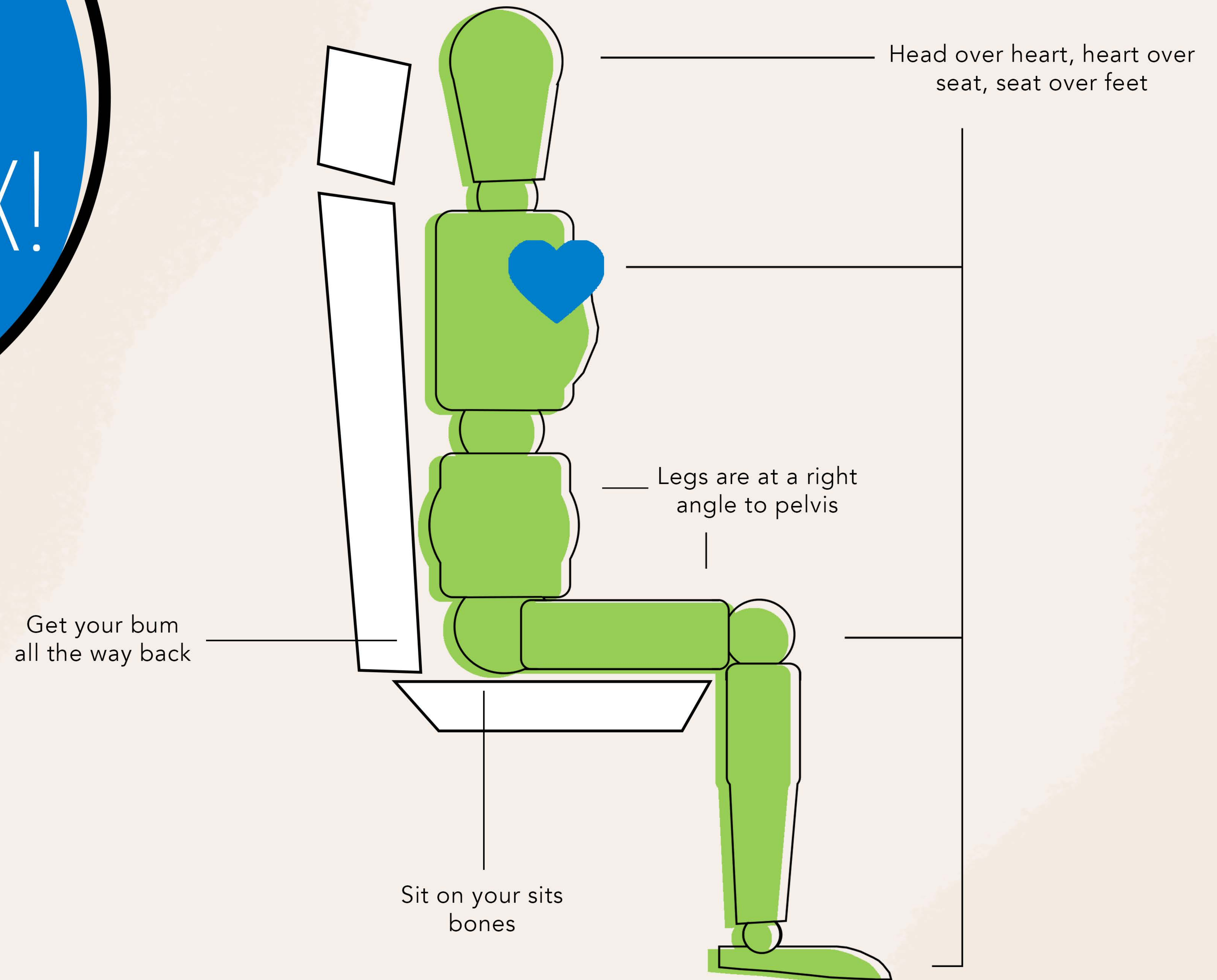
# Section One:

DRIVING



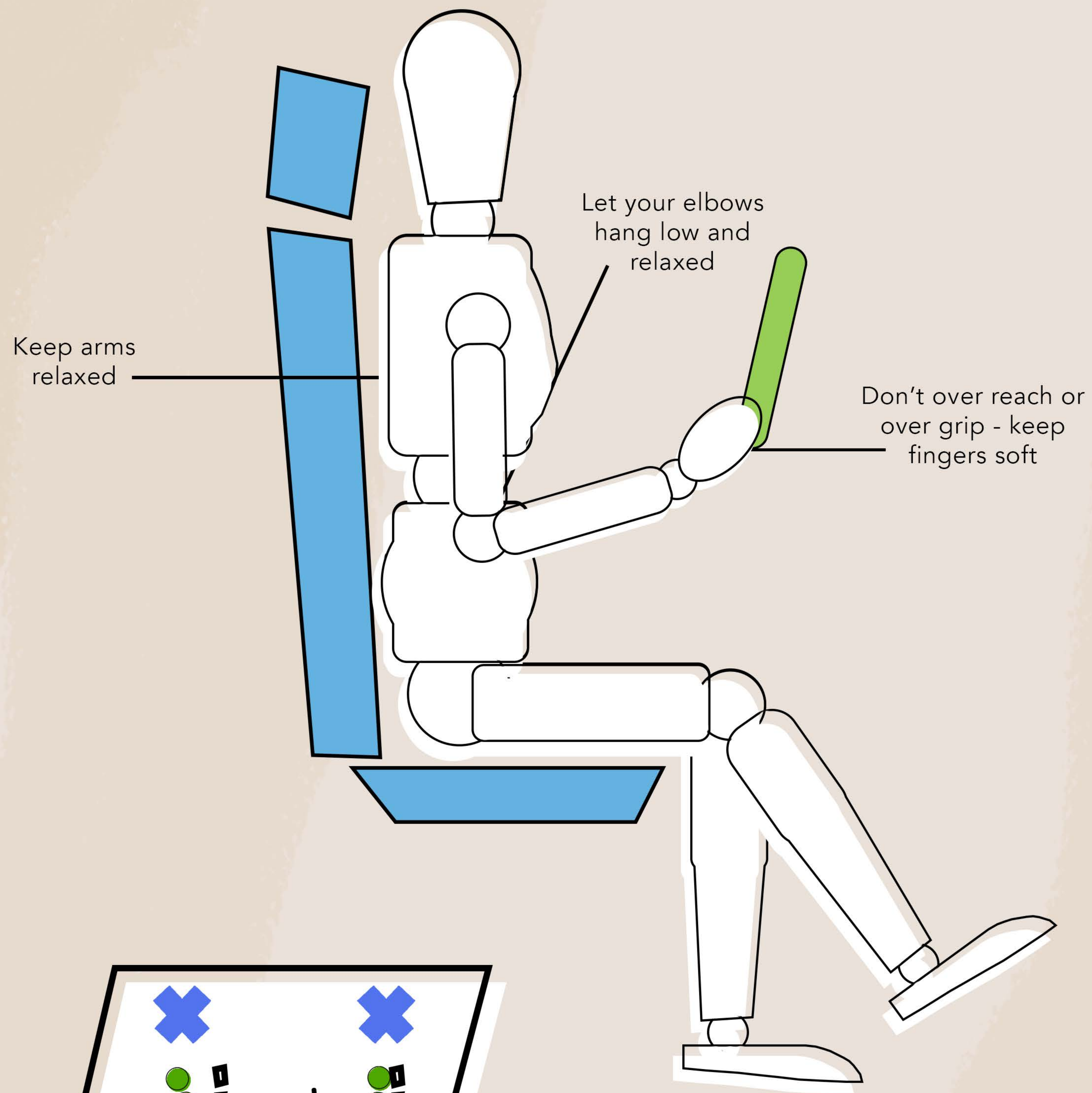


# 1. SIT BACK AND RELAX!





## 2. LOOSE ARMS, FREE NECK!





# 3. NOSE TO THE ROAD!

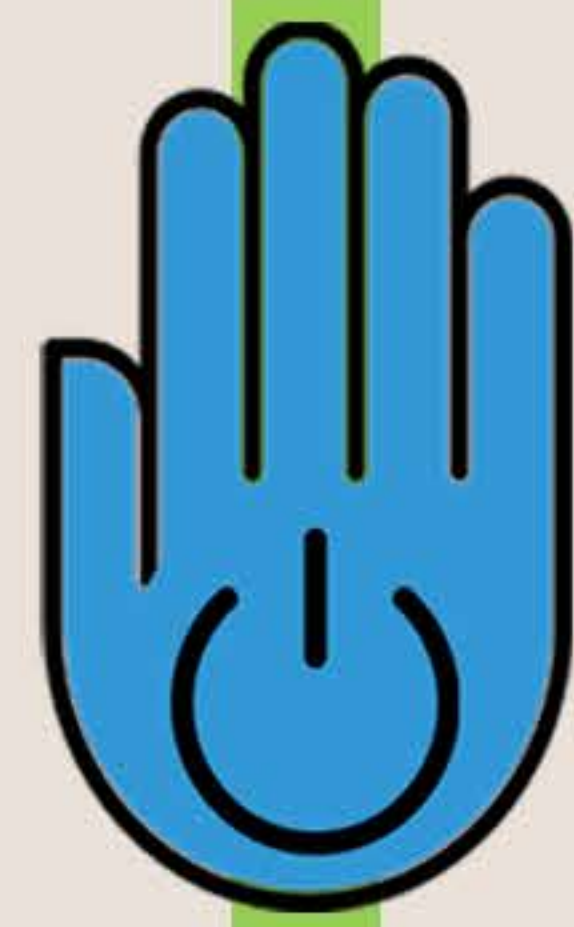
Where your nose goes, your head goes

Head freely bobbling at the top of the spine



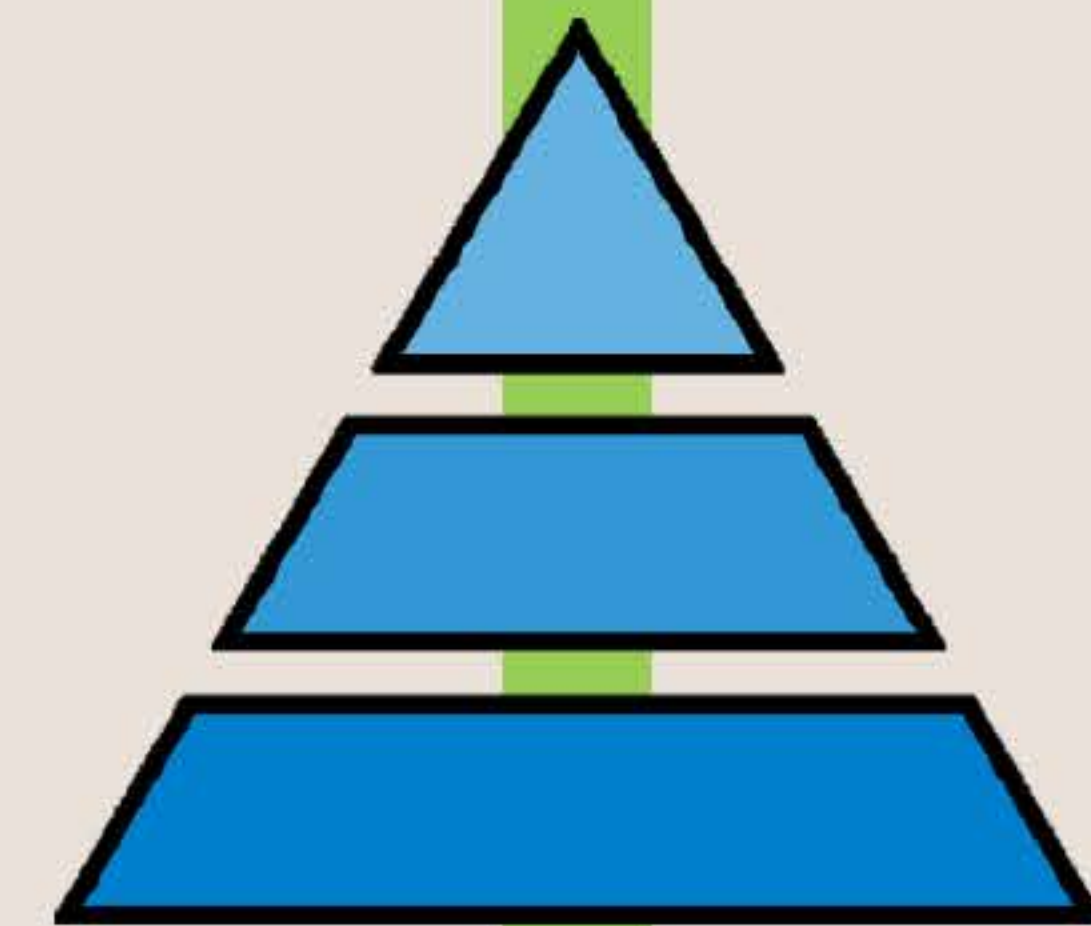


# Section Recap



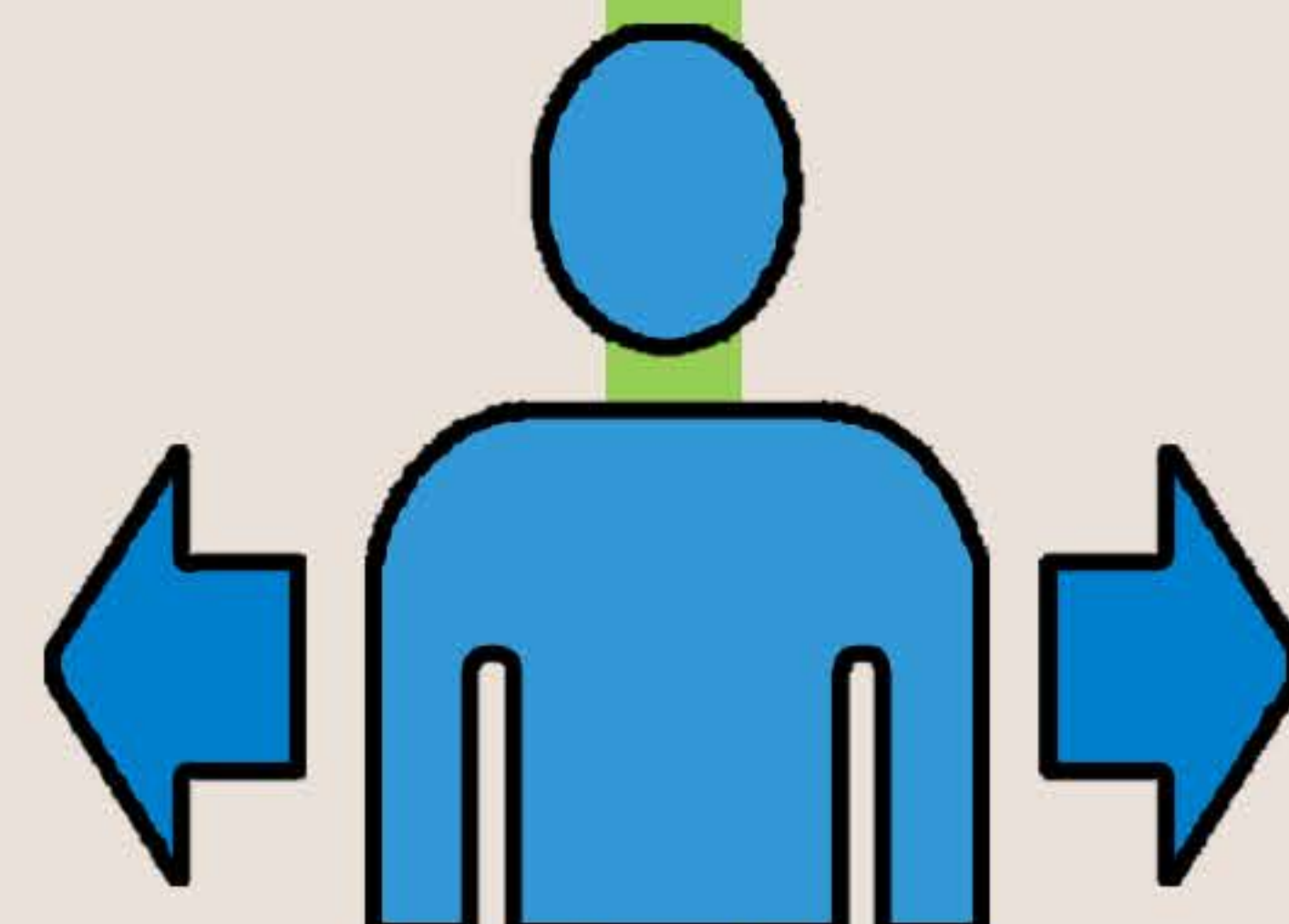
## Hands On

Whether you place your hands high or low on the steering wheel is up to you, but be sure your elbows are soft and directed towards your body. Imagine your elbows sinking down like anchors into a lake. As your elbows release downwards, your shoulders will relax.



## Stack Up

Whether driving for hours or just down the road, how you sit in your car seat can either save your neck or sabotage your day. The head weighs 10% of your body weight. Keep your head over your ribs, your ribs over your bum.



## Open Chest

As your elbows float downward, imagine your chest opening upwards. Feel your breath filling the whole of your torso from the base of your spine to the tip of your nose.



## Bobble Head

Let your neck muscles soften as your head bobbles at the top of the spine. Free your jaw. Lips together, teeth apart. Looking to your right or to your left, lead with your eyes and nose.



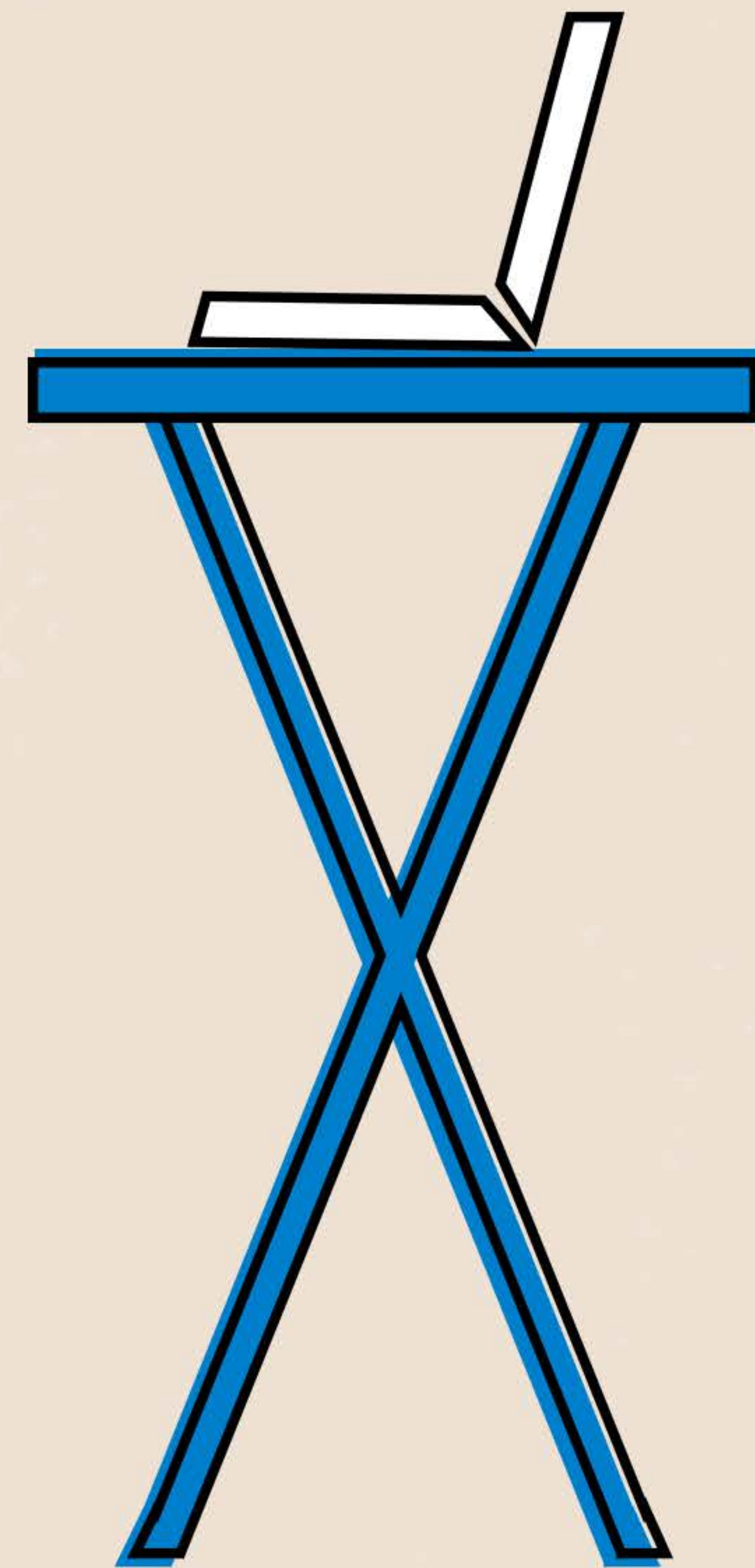
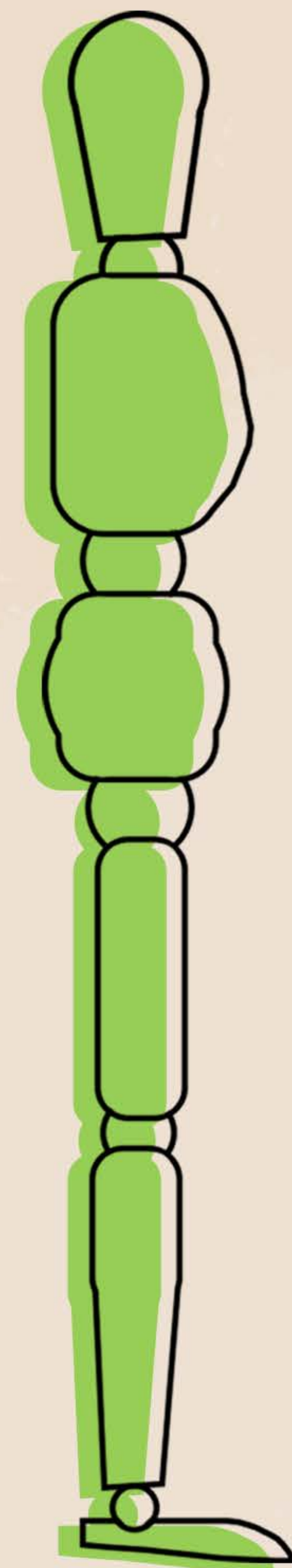
# Section Two:

## COMPUTERS



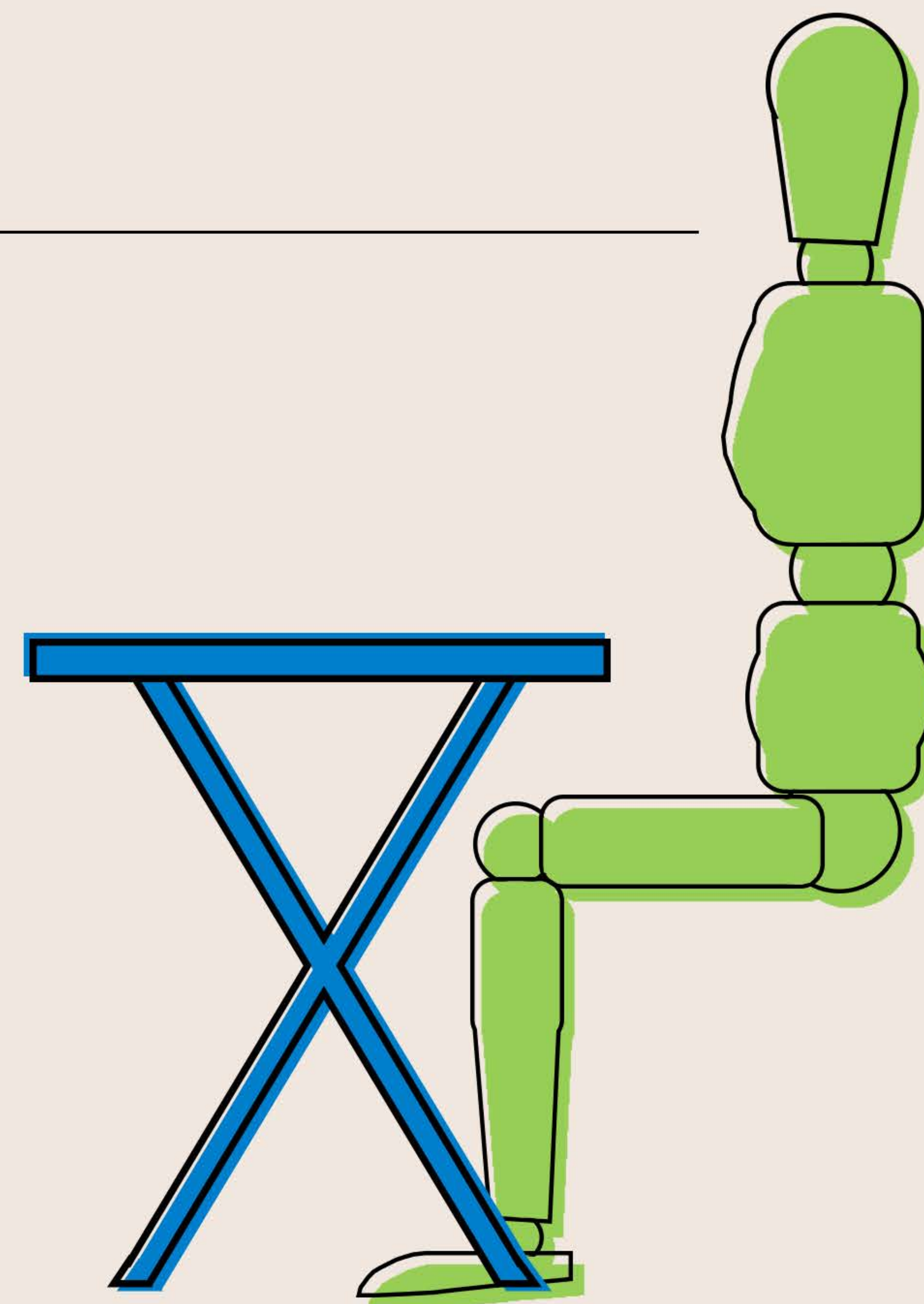


# 1. HOW TO SIT WHILE YOU SEARCH



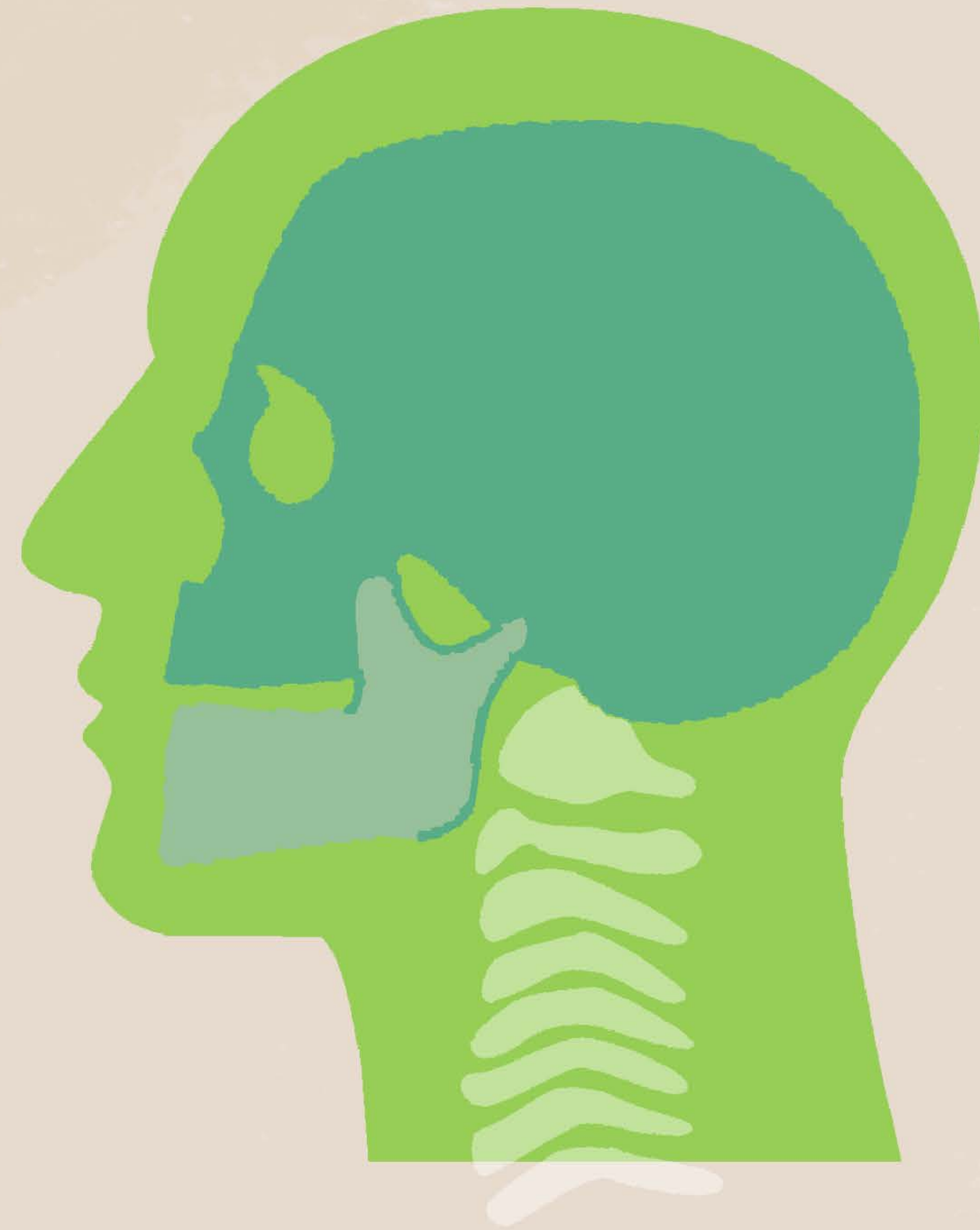
When standing, relax your abdomen and let your ribs fall gently over your pelvis so that you feel the weight pouring down your legs and into your arches.

Maintain a relaxed and upright torso. When sitting, be sure your bum is to the back of the chair.

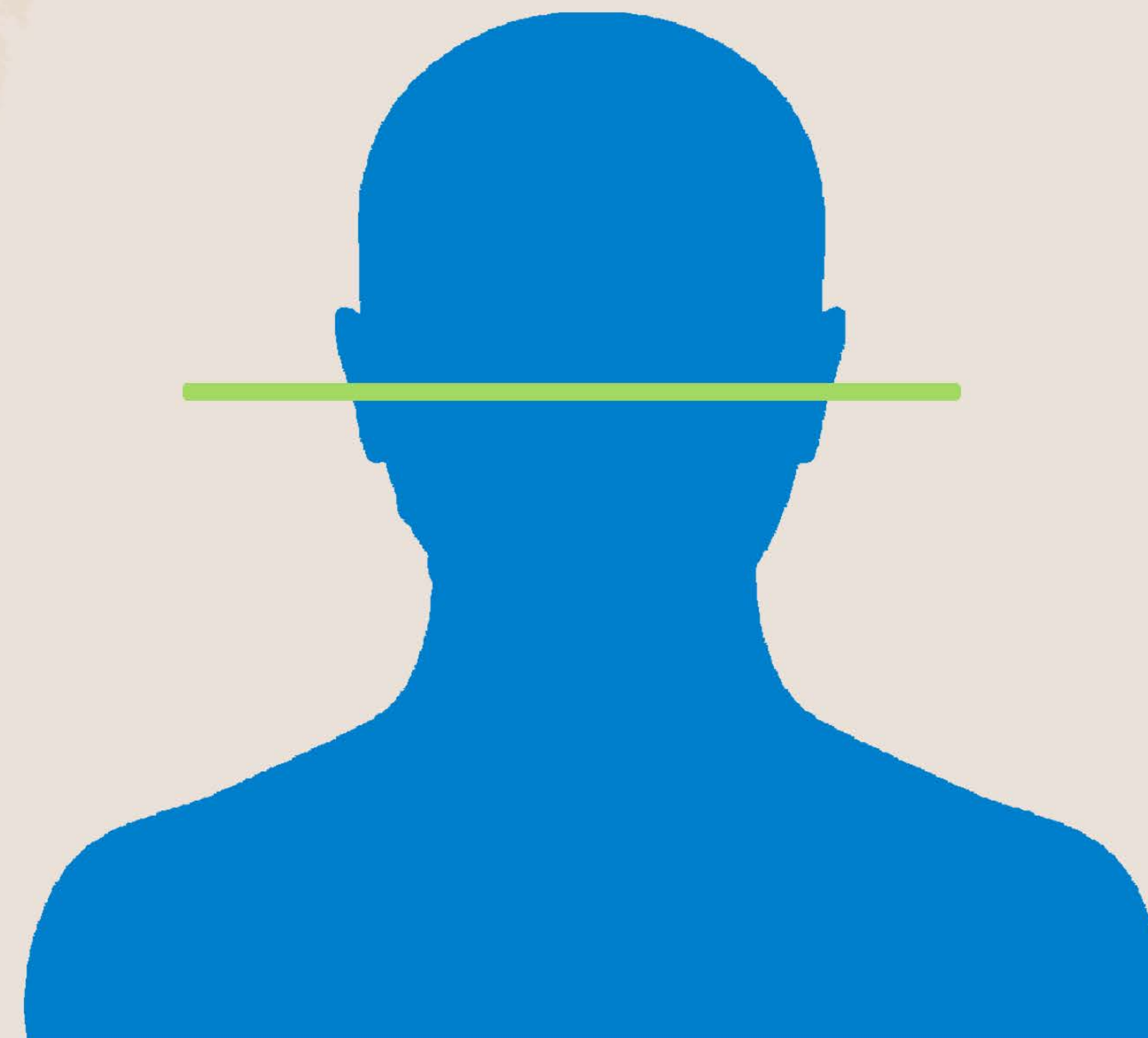




## 2. ADJUST YOUR VIEW



Your head hinges at the top of the spine. To look down at your keyboard, simply tip from your nose.



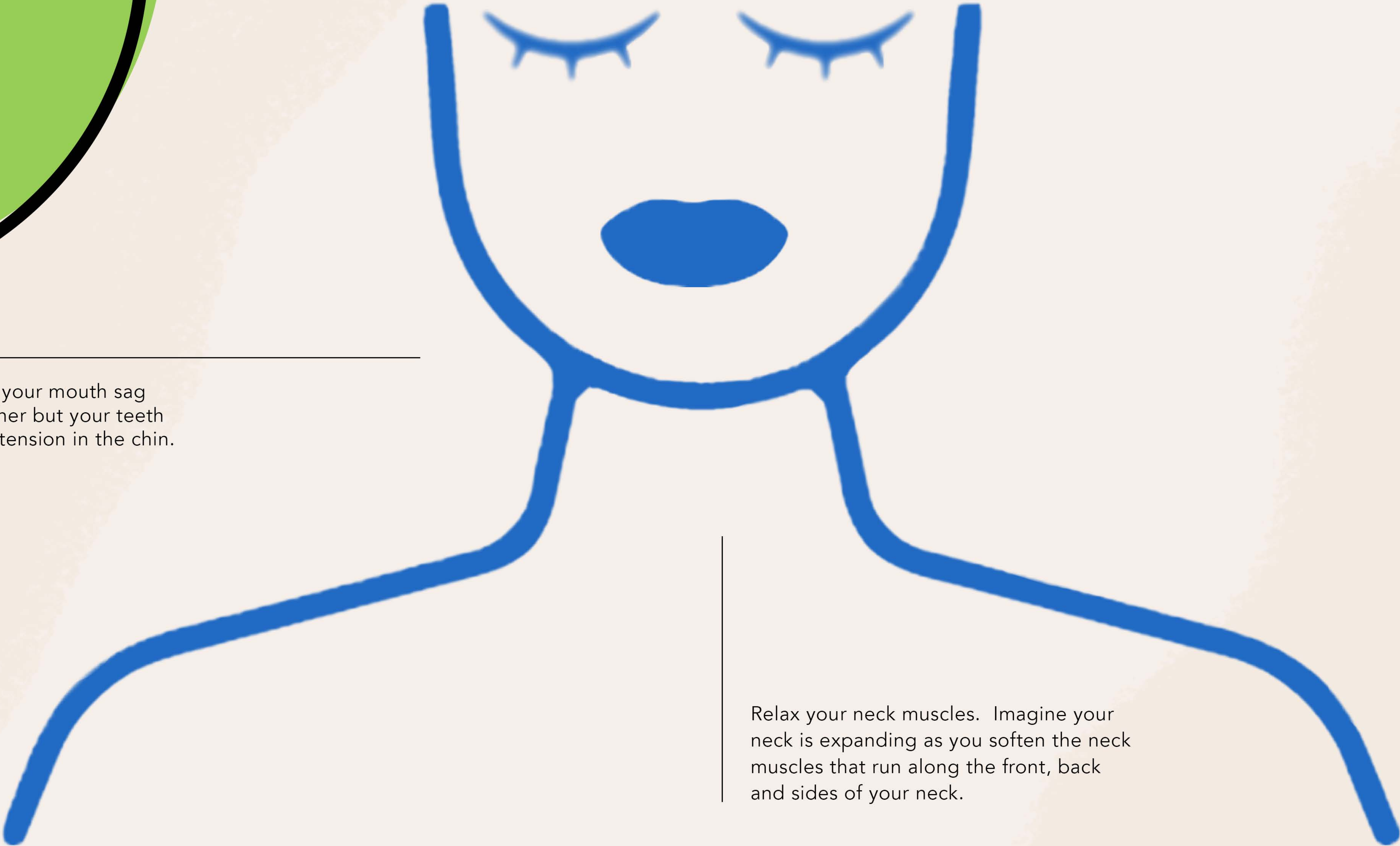
Direct your chin towards your chest. Imagine you have an axel rod from ear to ear and your head is pivoting from that rod.



# 3. REMINDER: RELAX!

Relax your jaw. Let your mouth sag with your lips together but your teeth apart. Release any tension in the chin.

Relax your eyes. Periodically look away from your computer screen



Relax your neck muscles. Imagine your neck is expanding as you soften the neck muscles that run along the front, back and sides of your neck.

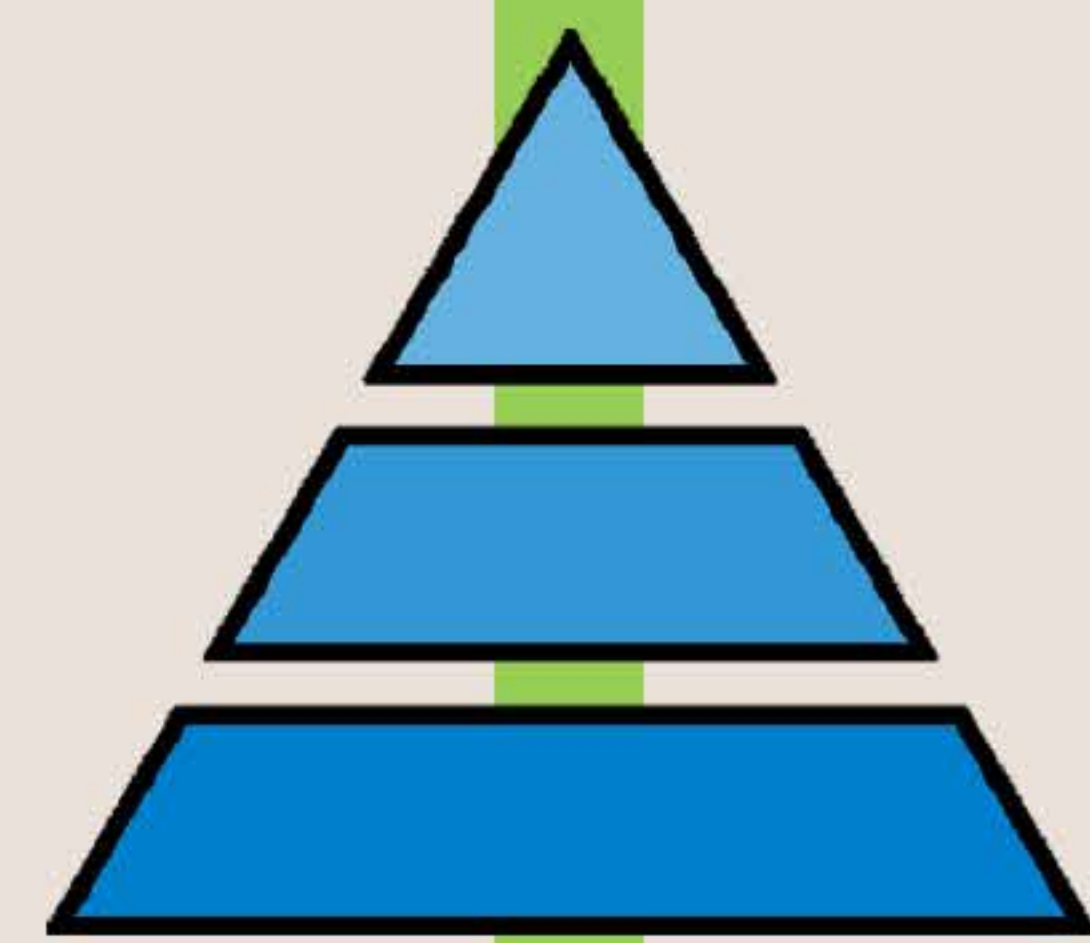


# Section Recap



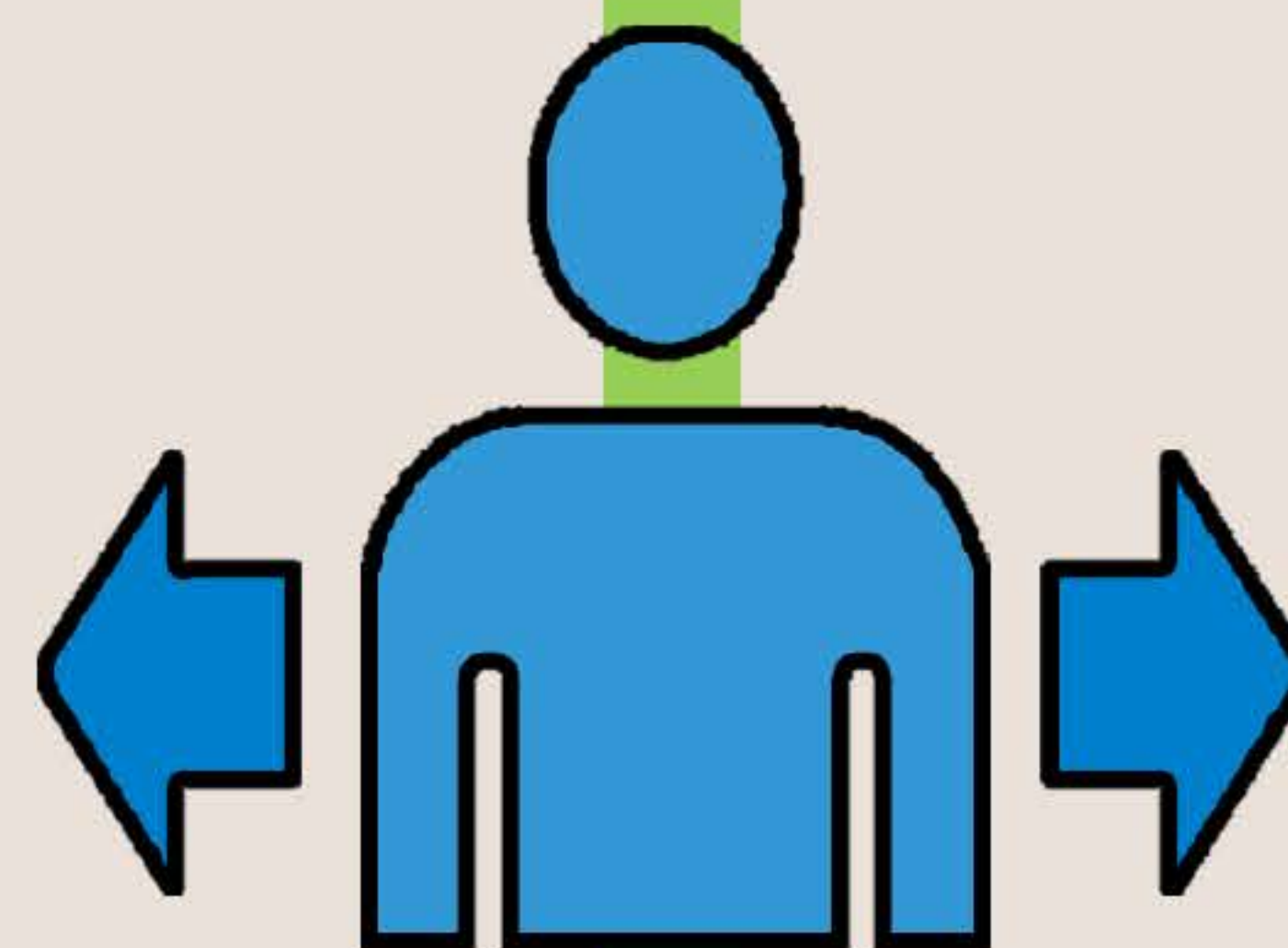
## Hands On

As you direct your hands to the keyboard, check in with your elbows. Elbows should hinge at a right angle. If your arms are too straight, you are over reaching. Fingers should flow easefully out of the hand without a break at the wrists. Wrists are straight. Avoid carpal tunnel by avoiding breaking at the wrists. Never wear tight jewelry or watch bands. The height of your keyboard in relationship to your body matters! If your elbows are not at a right angle, you may be sitting too low or too high, or your desk top is either too low or too high.



## Stack Up

Whether sitting or standing while you use your computer, how you distribute your body's weight over your pelvis determines the freedom in your neck! You can either make it a great day or an achy day just by noticing if your head weight is falling down and through your torso. Keep your head over your ribs, your ribs over your bum, if you are sitting. If you are standing, remember head over heart, heart over seat, seat over feet!



## Open Chest

As your elbows float downward, imagine your chest opening upwards. Feel your breath filling the whole of your torso from the base of your spine to the tip of your nose.



## Bobble Head

Let your neck muscles soften as your head bobbles at the top of the spine. Free your jaw. Lips together, teeth apart. Looking to your right or to your left, lead with your eyes and nose.



# Section Three:

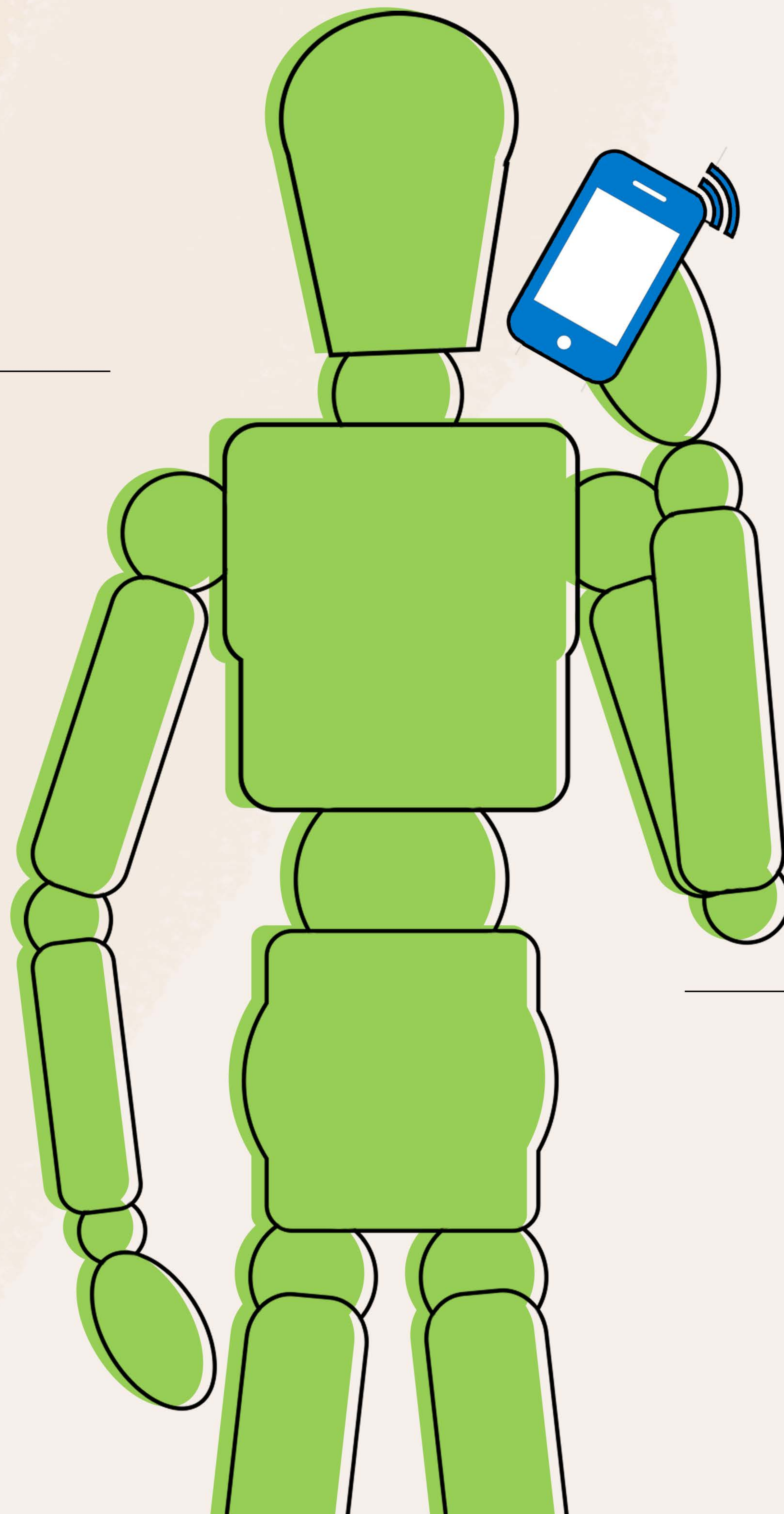
CELL PHONES





Bring your phone to you!  
Lift your phone to face level.

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# 1. PLEASE HOLD

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As you raise the phone, relax your elbows  
and let them hang downward. You may  
even want to let them rest on your chest.



# 2. A SMARTER WAY TO USE YOUR PHONE

Hold the phone lightly. Text with gentle contact. Feel the weight of the phone down your arms. Remember: the best way to distribute the weight of your phone, is to hold your phone and text with both hands.

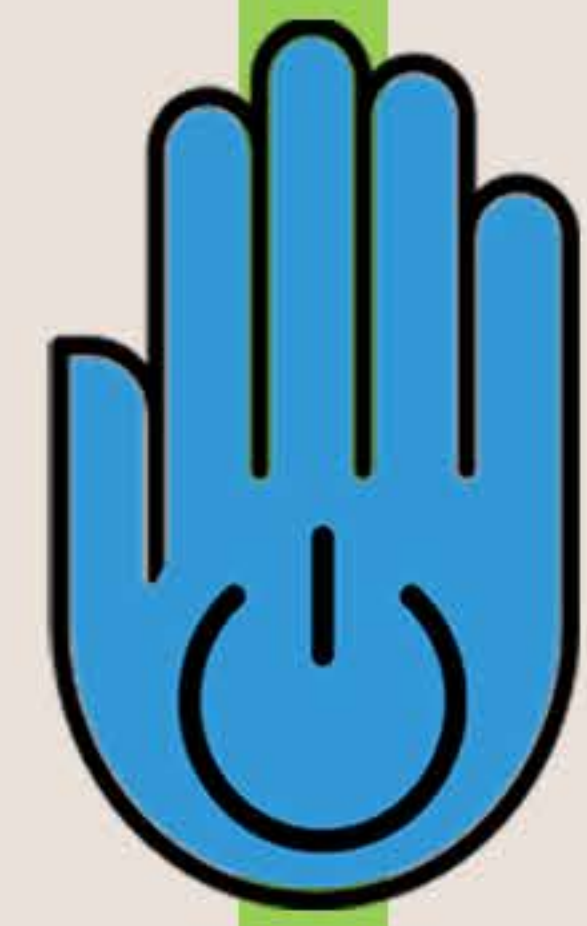
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If you must look down at your phone, remember to lead with your nose, relax the chin and toggle the head from that space behind the nose and between the ears.



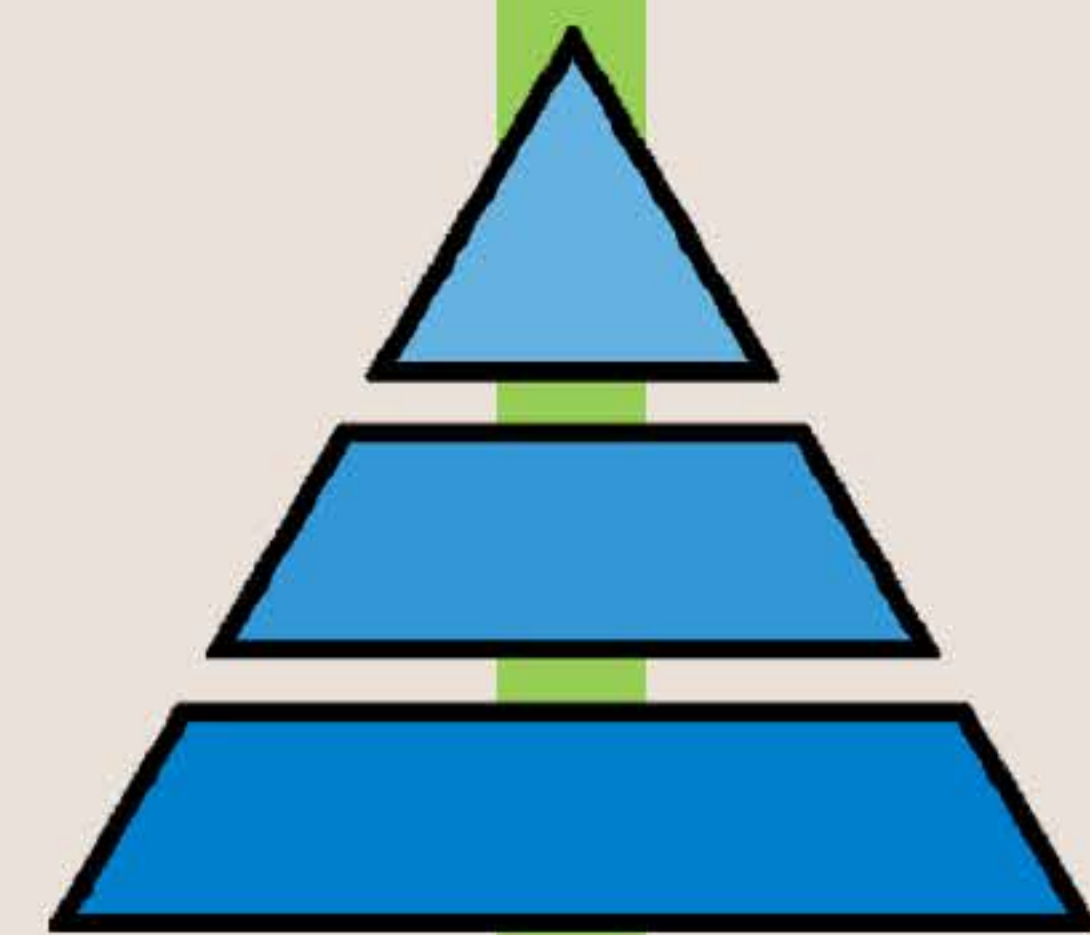


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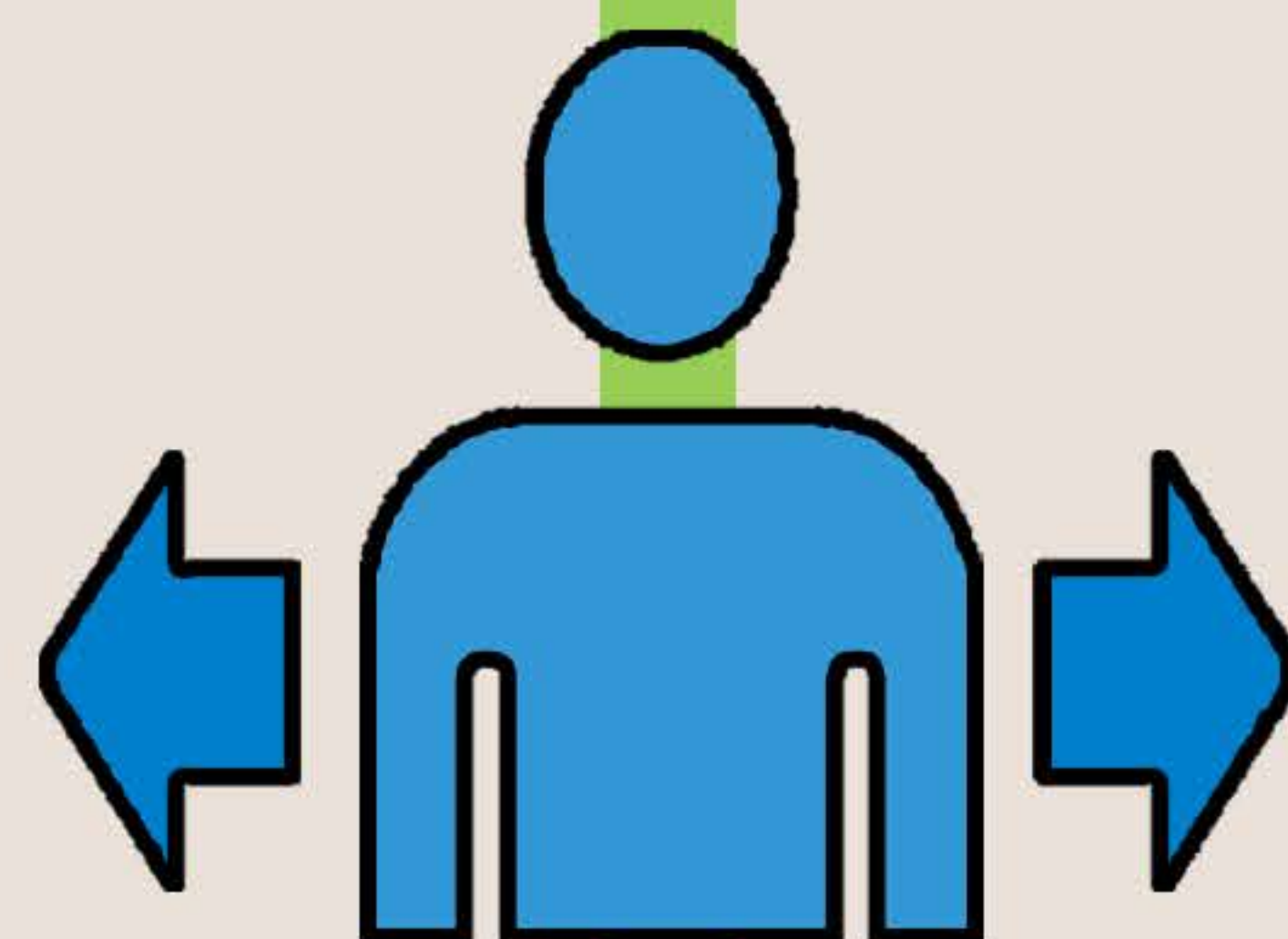
## Hands On

When texting or surfing, it is optimal to hold your phone with both hands, letting the phone rest gently in the pad of both of your palms, elbows dangling downwards. When actually talking, try not to press the phone into your ear, or torque your neck towards the phone. Keep your eyes looking straight ahead.



## Stack Up

Whether texting, surfing, or talking, bring your phone to eye level! This is a no-brainer! Let the phone rest comfortably in your grasp. Relax your elbows. Let them sink down like an anchor sinking into the sea. You may even wish to rest your elbows on your chest.



## Open Chest

As your elbows float downward, imagine your chest opening upwards. Feel your breath filling the whole of your torso from the base of your spine to the tip of your nose.



## Bobble Head

Let your neck muscles soften as your head bobbles at the top of the spine. Free your jaw. Lips together, teeth apart.



## About Sara Sommers:

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With over 20 years devising corporate training programs, Sara Sommers is a skilled educator and dynamic speaker who has a passion for helping people feel their best. She blends a multi-faceted career in Industrial Instruction Design, Wellness and Fitness, and Ergonomics. Sara Sommers holds a BA in English from William and Mary and a MS in Mass Communications from Boston University. She is certified by the American Society for the Alexander Technique and Certified in Ergonomics by the Atlanta Back School and is skilled in posture practices, pain relief and workplace wellness. She is also trained in Mindfulness from Duke University and Pilates from the Stotts course.





## GET IN TOUCH:



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