



Tomsterdam BodySmarts

Intelligent solutions for body problems

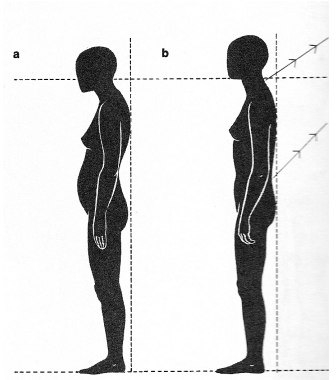
Alexander Technique with Tom Koch
Certified teacher since 1987, member of NeVLAT

Langestraat 43-A
T: (020) 3.20.90.44
www.bodysmarts.nl

1015 AK Amsterdam
SMS: 06 34.87.92.47
coach@bodysmarts.nl

Monkey Position against the wall

1. Let the neck be free to allow the head to balance forward and up from the top of the spine, to let the whole back fall back and up against the wall.
2. Let the neck be free to let the head release forward and up to let the back lengthen and widen up the wall to let the knees release slightly forward to bend.
3. Continue letting the neck to be free to let the head release away, the back to lengthen and widen, the knees to release forward and away to roll the pelvis lightly against the wall to fold at the hip joints.
4. Let the neck be free to let the head release out to let the shoulders widen up and out to the sides to let the arms hang free.



Play with this with feet directly under hip joints, then with feet wider apart and legs turned out. There is no such thing as a right position, but there is such a thing as a right direction.

Monkey Position in life

- When moving from standing to sitting.
- When moving from sitting to standing.
- When locking and unlocking a bicycle.
- When washing the dishes or loading the dishwasher.
- When brushing your teeth to spit.

Think about finding 3 new “monkey moments” every day. Any time you have to lower your body in space is a chance to play with monkey.

This photo shows F.M. Alexander teaching monkey position to my teacher, Debbie Caplan, when she was 10 years old. Notice the F.M. is also in a variation of monkey position with one foot forward.

