



Direction. Volume 1, No.1

- ◇ The Garlick Report. / Dr. David Garlick
- ◇ Moshe Feldenkrais and Matthias Alexander. / Penny Auburn
How similar and how different was Feldenkrais to Alexander? Penny Auburn explores the history and compares the methods of each.
- ◇ Psychophysical Unity and the Critical Moment. / Robert McLeod
Alexander's Technique is more than just 'bodywork'; consideration is given here to psychophysical processes in the teaching of the technique.
- ◇ A Personal Comparison. / Sue Kaufmann
Would simultaneous lessons in these two techniques complement or conflict with each other? A personal experience with both approaches.
- ◇ Report on Physical Culture. / Alexander Leeper
During his recent trip to England and the Continent, Dr. Leeper enquired into the latest developments in physical culture.
- ◇ The Leeper Report. / Alexander Leeper
Dr. Leeper's report to the Australian Teachers and Schools Registration Board in 1909, strongly recommends the methods of F.M. Alexander.
- ◇ Dearest Jim
Constant back pain can be debilitating in the extreme; Dr. M. McIntyre's letter traces his path to understanding and relieving his pain.
- ◇ Australia since 'F.M.' / Rosslyn McLeod
Pioneering the Alexander Technique in Australia, Alan Murray and Graham Pearl brought the technique back to the country of its origin.