

When presenting themselves for certification as a teacher of the Alexander Technique, candidates should be able to (using language appropriate for a pupil with no anatomical knowledge):

1. share their knowledge about the relationship between the skull and the spine (the atlanto-occipital joint) as it relates to the use of the self as a whole;
2. discuss how a pupil's concept of their anatomy may impact their use, movement and/or behavior;
3. and describe the inherent, natural process of breathing.

In addition, candidates should be able to:

4. demonstrate how they would provide interested pupils with appropriate resources to satisfy their anatomical curiosity.