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Master the Art of Swimming: Raise Your Performance with the Alexander Technique

Steven Shaw

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Master the Art of Swimming: Raise Your Performance with the Alexander Technique

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Master the Art of Swimming: Raise Your Performance with the Alexander Technique Steven Shaw Take the Alexander Technique into the swimming pool—and improve your technique! Focusing on the most popular strokes, Steven Shaw shows swimmers how to release tension from the head, neck, and back. He breaks his exercises down into a series of therapeutic movements that swimmers can practice either alone or with a partner, and in water or on dry land. His unique insights will become the building blocks for a better, more healthful swimming experience.

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