

Find Your Freedom Alexander Technique



Meet Matt Carrier



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Comments/Questions:

Book!

Services

- Private one-on-one Lessons
- Group Lessons
- Corporate Lessons
- Family Lessons

[What is the Alexander Technique?](#)[Who is Matt Carrier?](#)[Testimonials](#)

Bring ease of movement back into your life

What is the Alexander Technique?

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Testimonials

“ ”

“After months of chronic lower back pain, I finally decided to do something about it and I signed up for a lesson with Matt. After 2 weeks, I’m waking up pain free and I’m even exercising again!”



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Nothingville, CA 90023

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What is the Alexander Technique?

Who is Matt Carrier?

Testimonials

Alexander Technique Testimonials



“ After months of chronic lower back pain, I finally decided to do something about it and I signed up for a lesson with Matt. After 2 weeks, I'm waking up pain free and I'm even exercising again!

”



“ I was a dance teacher for 10 years and recently switched careers as a web designer. The work is good but I've become a little stagnant in my physical activity. Sitting in a chair all day is pretty terrible for the body! Matt has helped me figure out how to hold my body while sitting still. The lessons help me remain conscious of my movement even when I'm typing on a computer.

”



“ I'm sort of reckless with my body. I never used to stretch. I met Matt randomly and he gave me a few lessons that have helped me reteach myself how to improve my posture and it has affected every part of my life in a positive way. I highly recommend this.

”



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