**THE POISE PROJECT   
Alexander technique for the 21st century**

**Maintaining poise and personal growth throughout all stages and challenges of life   
 using the principles of Alexander technique**



**THE POISE PROJECT** is a nonprofit created to bring the principles of Alexander technique (AT) to new populations and industries.

***Our Mission*** is maintaining poise and personal growth throughout all stages and challenges of life using the principles of Alexander technique.

***Our Mission*** is being realized through creation of Alexander-based programs adapted for specific populations and industries and support of cutting edge research in the field. We use a coordinated team approach uniting individuals who have benefitted from AT, industry experts and AT professionals.

The full scope of our project is available at [thepoiseproject.org](http://thepoiseproject.org)

# ****THE POISE PROJECT**** has an ambitious ten year plan to ensure poise and personal growth are maintained throughout all stages and all challenges of life by ensuring broader access to the principles of Alexander technique (AT).

# We intend to:

# Create and deliver AT principle based classes for target populations

# Create and deliver AT principle based continuing education courses for industry professionals

# Identify funding sources and delivery systems to provide alternatives to current private practice/private pay models, bringing AT to more socioeconomically diverse populations

# Initiate research projects to build on existing data on AT

# Create jobs for AT professionals in new populations and industries through a strategic, targeted approach

# Create post-graduate training to prepare AT teachers to meet demands for new industry jobs

# Create internships and entry-level job opportunities for AT graduating trainees

**DO WE HAVE YOUR SUPPORT TO MEET OUR AMBITIOUS LONG TERM GOALS?**

PLEASE BECOME A TEN-YEAR CHALLENGE ANNUAL DONOR TODAY

Checks may be made out to: The Poise Project

5 Grove Garden Avenue, Candler NC 28715  
   
Or go to: <https://www.thepoiseproject.org/donations>