



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

*By Steven Shaw*

## **Master the Art of Swimming: Raise Your Performance with the Alexander Technique** By 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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### **Bibliography**

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### **Editorial Review**

#### **About the Author**

Steven Shaw is a teacher of the Alexander Technique and a former competitive swimmer. Over the past 20 years he has developed a revolutionary approach to swimming, the Shaw Method, which has helped thousands of people to find freedom in the water. Since 1999 Steven has been course director of the university-accredited Shaw Method of Swimming Teaching Diploma. Shaw's method is rapidly spreading throughout the world and is currently taught in over 10 countries.

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