



Gabrielle Czaja's intuitive gifts as a healer empower her young clients to understand their own growing bodies, providing them with tools to navigate adolescence. Unique as both a Physical Therapist and Alexander Technique teacher, her extensive knowledge encompasses the vast complexity of the body, its interconnections, and the science-based techniques for increasing muscle strength and enhancing flexibility, coordination and endurance. Gabrielle Czaja, PT has a private practice in Washington DC. As a licensed PT and a certified teacher of the Alexander Technique (Alexander Technique International, American Society for the Alexander Technique) she has been helping people recover from pain and injury for 30 years.

Gabrielle partners with children and their parents, listening deeply to what is happening in a child's life and body. This ensures that kids recover quickly and completely, and develop confidence in their changing bodies.

To all her clients: "You have everything you need to heal. Our task is to set up the conditions in the body so it can do what it already knows how to do.

### **What is the Alexander Technique?**

This is a well established and practical body-learning method that activates one's postural support mechanism and helps establish greater connection to one's body. The benefits of this exceptional learning process helps children, teens and adults:

- Respond to stress more effectively.
- Sit more comfortably at a desk and in the car
- Release excess muscle tension.
- Recover more fully from injuries and pain.
- Enhance presentation skills for public speaking,

**An interactive workshop/in-service experience and an individual assessment with Gabrielle offers tools for immediate use, including:**

- Effective postural awareness (and thus clearer thinking) for classroom and homework studies.
- Backpack overhaul for preventing compromise to still-growing bodies.
- Athletic assessment for prevention of, and recovery from, sports injuries.
- Kids who prefer non-athletic activities, such as gaming and reading, learn body awareness and how to feel good, especially when on computers and smartphones.
- Consideration of annual postural assessments for growing kids.

**Sample Tip For Anyone:** *Place one hand over your heart, the other below your navel. Pause. Just notice "that" you are breathing; don't change it. We hold our breath when concentrating and stressed, causing general stiffness and tension throughout the body. This practice invites ease into your body and clarity into your mind.*

**More information is available at [www.GabrielleCzaja.com](http://www.GabrielleCzaja.com).  
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