

# Achieving Peak Performance

by Brea Tisdale

Cameramen do it. Producers do it. Editors do it. People everywhere slouch, creating tension and collapse as they sit at the computer, stand in line, walk through the mall, drive their cars, and move through life. They compress their entire spine, triggering neck and hip pain, interfering with respiratory functioning, and adding undue stress on their entire body. When dealing with situations that demand peak performance, directors, business executives, lawyers, doctors, writers, actors and musicians, tighten their neck and shoulder muscles, hold their breath, clench their jaw, and "stress out". They diminish their ability to make creative decisions and interfere with their success.

Alexander Technique (AT) addresses these harmful habits. Students come for a lesson slouched, stressed, and exhausted. After a lesson, which is about an hour, they feel light, calm, and are smiling. During a series of AT lessons, students learn how to identify and release tension patterns that negatively affect their functioning. For example, when they are stressed, anxious, and worried, they hold their breath, tighten their musculature, and pull down on their entire structural framework. Through hands-on guidance and instruction, Sharon teaches how to undo the

tension patterns that are so detrimental to performance. Students can allow their bodies to move with their breath and release to a balanced homeostasis. They feel light, calm and pain-free.

Training in AT gives high-level entertainers "tools" to produce more fluid performances. They learn to quiet and still themselves so that they are creative, spontaneous, and dynamic under pressure. They can manage stress more effectively. Knowing how to release unnecessary

tension instills a sense of confidence and ease when auditioning, rehearsing, and shooting. They have a more grounded voice, a taller stature, and a more open body language. Using less muscular effort gives actors, writers, or directors more overall energy to accomplish their dreams.

Many renowned performers including

Ben Kingsley, William Hurt, Jeremy Irons, James Earl Jones, Sting, Paul McCartney, Robin Williams, Kevin Kline, Paul Newman, Hugh Jackman, Patrick Stewart, Juliette Binoche, Kenneth Branagh, Michael Caine, and Hillary Swank have used the Alexander Technique as their "secret weapon" on stage and on screen.



Sharon Jakubecy began studying the Alexander Technique 12 years ago because it relieved chronic and debilitating hip pain. However, she decided to train to become an AT teacher when she recognized how she was much calmer and better able to deal with stress. She is an AmSAT (American Society for the Alexander Technique) certified teacher since 2003. She helps writers, doctors, teachers, singers, actors, cellists, and business executives achieve peak performance. She is also on the faculty at Stella Adler Academy of Acting, American Academy of Dramatic Arts, and X Repertory Theatre Company in Los Angeles. The LA Opera, Women in Theater, The Dating Coach, Vox Humana, and Children's Hospital have sought her to teach workshops for their organizations.

Sharon Jakubecy has the knowledge, compassion and experience to help you achieve your peak performance with poise, ease and confidence! To contact her, visit [www.AlexanderTechniqueLA.com](http://www.AlexanderTechniqueLA.com).



## TESTIMONIAL

"I was first introduced to Alexander Technique and to Sharon in acting school. The course was so fascinating to me because it gave me tools for awareness of my instrument. During a class performance I experienced a connectedness of my voice, breath and body; a freedom that I had never encountered before. Since graduating I have continued lessons, endlessly discovering not only as an actor but also as a human body in motion in my day-to-day life. Sharon offers incredible insight and process in relearning how to move, speak and breathe, without tension." -Dana Salah, Actor

