

More about my professional accreditation

I am a member of the Society of Teachers of the Alexander Technique (STAT).

STAT was founded in 1958 with the objectives of ensuring high standards of teacher training and practice, and to promote public awareness of the Technique.

It is the world's oldest and largest professional body of Alexander Technique teachers.

All teaching members (MSTAT) have successfully completed a 3-year, full-time training course approved by the Society, have agreed to adhere to the Society's published Code of Professional Conduct and benefit from professional indemnity insurance.

In line with membership of STAT I hold an Enhanced Disclosure Criminal Record Check Certificate.

Visit the [STAT website](#) for further information on the Alexander Technique and a full list of accredited teachers.



F. M. Alexander