

Alexander level 2

Use of a computer

Primary Control?

Two sitting bones.

Hands lead the arms follow.

What are you doing with your wrists? Can you rest them? Direct them?

What are you doing with your fingers?

Spiral rotation in the upper arms. Connect the shoulder blades with your back.

Opposition between hands and low back.

Opposition between screen and the back of your eyes or better still the upper visual cortex.

Don't be static.