

May 25, 2021  
The Honorable Dick Stein, Chair  
Ohio House Commerce and Labor Committee  
Ohio State Legislature  
1 Capital Square  
Ground Floor  
Columbus, OH 43215

Dear Chair Stein and Members of the Committee,

I am a resident of Columbus, Ohio who teaches the Alexander Technique, a form of somatic movement education. I have been certified since 2013. Since then, I have taught both private and group work all over Columbus, including classes at Riverside Hospital's McConnell Heart Health Center and the OSU Center for Integrative Medicine.

I am concerned that HB 81, though extremely important to combat criminal activity under the guise of legitimate massage therapy, may affect my and my colleagues' right to practice the Alexander Technique. Alexander Technique teachers complete 1200-1600 hours of study followed by appropriate continuing study. Teachers worldwide must adhere to strict standards of practice and a code of ethics.

The Alexander Technique uses a wide variety of instructional approaches to guide students to better understand their patterns of movement and help them improve posture, agility and movement efficiency. Approaches include verbal and hands-on instruction as well as demonstration and experiential learning.

The hands-on guidance in the Alexander Technique is very different from massage. The two modalities have very different trainings. I would ask that you amend the bill so that certified teachers of the Alexander Technique are included as an exemption on HB 81 along with Reflexology. This is how many other states have handled similar circumstances.

I support the amendment language proposed by the Feldenkrais Guild, another branch of somatic movement education. It would add an exemption to Sec. 4731.15 (F) of the Revised Code, "for persons who (a) use touch, words and directed movement to deepen awareness of existing patterns of movement as well as to suggest new possibilities of movement; and (b) are recognized by or meet the established standards of either a professional organization or a credentialing body that represents or certifies the respective practice based on a minimum level of training, demonstration of competency, and adherence to ethical standards."

I appreciate your time and consideration in this matter. Please feel free to contact me with any questions that you may have.

Sincerely,  
Amy "Beaker" Prince  
Certified Alexander Technique Teacher  
Columbus, Ohio  
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