

Joan Murray guides Alexander Technique Teacher Marie Stroud. The first part of a photo series from [Beginning from the Beginning: The Growth of Understanding and Skill](#). Joan and Alexander Murray in conversation with Kevin Ahern and Marian Goldberg on the evolution of the Dart Procedures and beyond. 1996. All Photos and Text Copyright 1996, 2023 Marian Goldberg. All rights reserved

Set F on left– The Dart Procedures 1996: Coming up from the floor



Figure F1

Set G on right– Six-month and nine-month old babies demonstrate their own spontaneous versions of the Dart Procedures.



Figure G1



Figure F2



Figure G2



Figure F3



Figure G3



Figure F4



Figure G4



Figure F5



Figure G5

series
continues





Figure F6



Figure G6

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Figure F7



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Figure G7

series
continues



