

Work is physical — even when it doesn't look like it.

Your team show up wanting to give their best — and some days that means pushing through tension, tiredness and sometimes even pain. Canopy brings the Alexander Technique — a clinically researched method for changing the habits behind stress, chronic pain and lost performance — into the workplace.

01 — THE PROBLEM

Physical strain isn't just a personal problem.

That tension affects concentration, energy and performance — and most organisations never address it directly. Canopy does.

IMAGINE A WORKFORCE WITH

- 01 Less pain and fewer sick days
- 02 Better concentration and sharper focus
- 03 More energy throughout the working day
- 04 Greater resilience under pressure
- 05 Reduced absence and improved retention
- 06 People who feel confident, capable and well

THE SCALE OF THE PROBLEM

511,000



UK WORKERS WITH A
WORK-RELATED
MUSCULOSKELETAL
DISORDER (HSE, 2024/25)

7.1m



WORKING DAYS LOST EACH
YEAR TO MUSCULOSKELETAL
CONDITIONS (HSE, 2024/25)

60%



OF UK ORGANISATIONS
CITING MSDS AS THEIR
LEADING CAUSE OF
LONG-TERM ABSENCE (CIPD)

£22.9bn



ANNUAL COST OF
WORKPLACE ILL HEALTH TO
UK BUSINESSES (HSE,
2024/25)

02 — A DIFFERENT APPROACH

Pain, posture and performance.

Most approaches to workplace pain work on the body from the outside. The Alexander Technique develops awareness of how you use your body from within.

Pain

Often less structural than we think. And what's habitual can change.

Posture

Improved through ease, not effort.

Performance

Clearer thinking, better presence.

That awareness is the key — once someone notices the tension they've been carrying unconsciously, they have real choice about it for the first time.

03 — HOW IT WORKS

01

Assessment

A wellbeing survey, interviews and a site visit — built around your people.

02

Workshop

An introductory session to spark curiosity across your team.

03

Group programme

Progressive sessions that build lasting skill and measurable change.

04

Individual support

Targeted sessions for specific or complex needs.

04 — YOUR PRACTITIONER

Kathy Ponter, Alexander Technique teacher

Kathy discovered the Alexander Technique in her twenties while suffering from chronic back pain. It brought ease and calm confidence she now brings to organisations. She is registered with the Complementary and Natural Healthcare Council (CNHC); her work is supported by clinical evidence in the British Medical Journal.