



Guidelines for blog post submissions to Alexander Studies Online (ASO)

Target audience: Alexander teachers, trainees and students with an interest in research; researchers of all disciplines interested in the Alexander Technique.

Content should:

- Lie clearly within the sphere of academic/professional research, or personal disciplined enquiry. Personal disciplined enquiry (personal research) can be described as:
 - Sustained/in-depth reflection on a defined topic
 - This reflection is critical (in the sense of questioning), systematic in its approach, and is presented in a way such that it is ‘in conversation/engaged with’ the Alexander teaching profession and/or researchers
 - The work is based around some type of ‘evidence’ which could be empirical, conceptual or theoretical
 - Typically, the work will link to and build on existing practice and/or theory
 - The work builds towards a greater understanding / body of knowledge about the Alexander Technique and its teaching
 - The submission is not solely an ‘opinion piece’ – such articles are better suited to other outlets such as Statnews and various Alexander groups on social media.
- Be original i.e. created by the author(s) and describe:
 - Either their own work
 - Or, be a commentary on another’s work, with full acknowledgement of the original creator
 - Acknowledge any sources cited, as appropriate (content, photos etc) and be sure to avoid infringing any copyright.
- Wherever possible, please discuss any practical implications of your research / work that may be relevant to Alexander teachers, trainees or students, and which may assist them to explore your ideas in their practice.
- Be free of factual inaccuracies.
- Abide by the ASO community spirit (see: <https://www.alexanderstudiesonline.com/aso-community>). Language and content should be inclusive and free of discrimination against others (including on the basis of age, disability, gender expression, race, nationality, ethnic or national origin, religion or belief, creed, sex or sexual orientation, or economic status).

- Where your submission describes original research (or other work) that has involved the participation of individuals other than yourself, you must gain informed consent from these individuals prior to beginning the research / work. Your submission should confirm in writing what informed consent has been obtained (where this is relevant).
- Disclose any potential conflicts of interest or financial interests pertinent to the blog post.

Medium

Written blog posts: Ideally around 2,000–2,500 words; minimum 500 words, maximum 5,000 words.

Video blog posts (vlogs): Approximately 3–15 minutes.

Audio/podcast format: Approximately 3–15 minutes.

Process

- Blog posts should be submitted to alexander.studies.online@gmail.com ; or use the [contact form](#) to make an initial enquiry.
- Submitted blog posts are reviewed by the ASO Editors to ensure suitability for posting (relevance of content, guideline compliant). Editors reserve the right to refuse a post, or to request amends.

Ownership

If you publish information on the ASO blog you retain ownership of your work. You can request at any time for the post to be removed (the administrator will take down the post promptly). Simply contact us at alexander.studies.online@gmail.com ; or use the [contact form](#).

Queries

If you would like to contribute but are unsure about any of these guidelines, please do not hesitate to [contact us](#).

Thank-you for your interest and support of ASO!