**About Gal-Ben-Or**

Gal Ben-Or was born in 1963. He is married and the father of three children. He graduated from the School for Teachers of the Alexander Technique directed by Shmuel Nelkin in Jerusalem.He was certified as a teacher of the Alexander Technique in 1987.As a senior teacher of the Alexander Technique, he has developed a unique approach to teaching children, adolescents and parents, according to the principles of the Alexander Technique and wrote a book about the subject (Directions for life).

1998-2002 – founder and director of the Mishal Association, established in April 1998 by the parents of children who had been helped by the Alexander Technique

2001-2006 – member of the team of professional care-givers at a boarding school for youth at risk.He has taught the Alexander Technique at the ’Y’dida’ home for light to medium retarded adults at the ‘Hatana’ Special Education school in Jerusalem, at ‘Alyn’ hospital and in the Jerusalem Municipal kindergarten ‘Hasataf’He taught the Alexander Technique at the ‘Kesem’ school.

2004-2006 –Chairman, Association of Teachers of the Alexander Technique, Israel.

2008 –Chairman, Council of Alternative Health Professions in Israel.2011- Published his book "Directions for life" in Israel. **Present:**  Director of 2 courses certifying teachers of the Alexander Technique in Tel Aviv and Jerusalem.

Maintains private clinics in Jerusalem and Tel Aviv, working with adults and children. Gives lectures and workshops regularly.