



The Art of the Moment Workshop Series: Introduction to the Alexander Technique

The Alexander Technique is a way to understand and change the habits that interfere with our ideal functioning. People can learn to use it to relieve pain, improve health and enhance performance. As a certified teacher of the Alexander Technique, my goal is to help my students understand how the human body is meant to work and how to change the habits interfere with our body's natural buoyancy. Using this method to observe and release excessive tension, we can re-direct our efforts to find greater ease and enjoyment in any task, whether ordinary or specialized.

- This experiential workshop for the general public will vary groupings to keep the tone playful and dynamic.
- 9:00 am – 5:00 pm on a weekend day with 1 hr break for lunch.
- Equipment needed: mats, newsprint on easel, simple art supplies.
- We'll use movement explorations, writing, drawing, anatomical illustrations and lecture/demonstration.
- 8 – 20 people with no assistant, 21 to 40 or 50 people, with one or two assistants
- Goal is to help participants understand and experience principles of the Alexander Technique as they operate in our daily lives.

Morning session – 9:00 am – 12:30 pm

- *Instructor intro* -- Joan introduces herself and outlines the day.
- *Participant intro* -- General introductions of participants and assistants – name, location, profession, interests – in general and in this workshop. 9:15
- *Checking in with your own body* -- Solo experience. Discussion of observations, including when and how you notice your body during the day, noting the tone of the internal voice. 9:45
- *Overview of the Alexander Technique* – Alexander's story, brief history of the Technique. Introduction of basic concepts – the principles of primary control, our

- natural anti-gravity response, the tools of awareness, inhibition and direction. Questions, review of body problems it helps people solve. 10:15
- *Demonstration* – Joan demonstrates the Technique’s unique touch and potential for provoking change. Two class participants volunteer to work on an activity of their choice – sitting, walking, speaking, a tennis swing or yoga pose. _ 10:45
 - *Partner experiments* to illustrate the primacy of the head/neck relationship, distinctions among the qualities of tension, laxity and direction, basic anatomy of the head and neck. 11:15
 - *Discussion* – 11:30
 - *5 minute break* – 11:35
 - *Direction* – Walking exploration as a whole group. 12:00
 - *Oppositional forces* – Movement exploration playing with oppositional forces between partners. 12:20
 - *Discussion* – 12:30
 - *Lunch* – Return at 1:45 pm.

Afternoon session – 1:45 pm – 5:00 pm

- *Questions, discussion* – Group discussion of observations, conversations or cogitations during lunch -- 2:00
- *Support system – your concept* – 1) Relaxation and guided visualization leading students to envision how they imagine their body is supported. 2) They draw it -- impressionism, abstraction is all fine. Discussion of their images’ relation to the Technique. 3:00
- *Support system – the body’s design* – The body’s support system is a dynamic tensegrity structure. Whether in motion or still, we are supported by movement itself. Use illustrations from architecture, nature, anatomy to show commonalities in structure and flow. 3:30
- *Break* – 5-10 minutes 3:45
- *Applications* – Yoga session in tune with energy of the group: lively if they need to move, restorative if they’re tired, gentle stretches solo and with partner. Demonstrate on one and guide group to use the Technique’s principles to fulfill each activity. 4:30
- *Wrap up* -- Discussion, questions, demonstrations or experiments as needed. 4:55
- *Close* – End in circle, focusing on breath and connection within the group. 5:00

Presented by:

Art of the Moment NYC

www.artofthemomentnyc.wordpress.com

hpierrenyc@yahoo.com

646.707.3585