

Courses for musicians

We offer experiential courses for musicians who wish to study the Alexander Technique in relation to themselves and their playing.

The course runs alongside the main teacher-training programme. You can study for a week (Mon-Thurs 9.00am-1.30pm), or choose to do a longer course of up to 5 weeks. Please contact us to discuss your individual situation. This course is suitable for musicians who have injury or stress problems as well as for those who wish to use the technique to improve their playing or as part of an academic study.

Contact” info@alexander-technique-college.com

Or 01273 5625895



Course content

- Twice daily individual ‘hands-on’ work from experienced teachers where you will study your habitual patterns of movement and balance that influence your playing and your movements away from your instrument.
 - You will take part in our carefully structured experiments in movement that we call Directed Activities. This could be anything from exploring how our arms related to our back or exploring breathing as it relates to postural support.
- Daily lecture/discussion on aspects of the Alexander Technique.
 - Performance workshop where you have a chance to work with your instrument under the guidance of Head of Training Carolyn Nicholls. This usually takes place at the end of your time with us and is immensely valuable. You can choose to do this in a master class or one-to-one situation.

- You will receive additional hands-on works from senior trainees keen to practice their skill. All work is supervised.
- You will offered a work book to help you record your learning, this includes exercises in Reflective Practice and is especially useful for students wishing to make this part of their University studies. Use of the workbook is optional.
- Opportunities to engage in all college activities and work alongside college students.

The four day intensive course has allowed me to understand the main principles of the Alexander Technique. The experience has lead me to write more truthfully in my academic studies.

Lou Coleman BA (HONS) theatre and professional practice at Coventry University.

Dates:

These courses are arranged on an individual basis and can take place any week the college is in session. We never take more than three musicians at a time so you can be sure of individual attention throughout your study period with us.

Autumn Term 2007

Block 2	Monday Nov 5th-Thursday Dec 6th (5 Weeks)
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Spring Term 2008 (Mon-Thurs 9.00am-1.30pm)

Block 1	Monday Jan 7th-Thursday Feb 7th (5 Weeks)
	(1 Week break)
Block 2	Monday Feb 18th-Thursday March 20 th (Maundy Thursday) (5 Weeks)

Summer Term 2008 (Mon-Thurs 9.00am-1.30pm)

Block 1	Monday April 21st-Thursday May 22nd (5 Weeks) Bank holiday May 7th
	(2 Week break)
Block 2	Monday June 9th-Thursday July 10th (5 Weeks)

Autumn Term 2008 (Mon-Thurs 9.00am-1.30pm)

Block 1	Monday Sept 22nd-Thursday Oct 23rd (5 Weeks)
	(2 Week break)

Block 2	Monday Nov 10th-Thursday Dec 11th (5 Weeks)
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Spring Term 2009 (Mon-Thurs 9.00am-1.30pm)

Block 1	Monday Jan 12th-Thursday Feb 12th (5 Weeks)
	(2 Week break)
Block 2	Monday March 2nd-Thursday April 2nd (5 Weeks)

Summer Term 2009 (Mon-Thurs 9.00am-1.30pm)

Block 1	Monday April 20th-Thursday May 21st (5 Weeks) Bank holiday May 4th
	(2 Week break)
Block 2	Monday June 8th-Thursday July 9th (5 Weeks)

Fees:

Current fees are **£150.00** per week. Discount available when booking for 5 weeks

Contact: Carolyn Nicholls info@alexander-technique-college.com