

## *Weekend Introductory Course*

*8<sup>th</sup> and 9<sup>th</sup> July*

# Alexander Technique Alexander Technique

Wellwood Centre, Wells,  
Bagenalstown, Co Carlow

[www.thewellwoodcentre.ie](http://www.thewellwoodcentre.ie)

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Cost 160€/€145 Early bird

(Vegan lunch provided)



Physical and emotional problems are not the result of what we do but how we do it . We are designed to move with a natural tendency towards health and balance , but we interfere with this. The Alexander Technique teaches us to eliminate harmful habits that cause pain, poor coordination and emotional imbalances, thus allowing the body to restore itself to its natural state of poise and balance

The Alexander Technique is a method of self-help whereby the individual can improve their response to the demands of everyday life . It is a learning process in which we develop the ability to listen and decide if the way we respond to stimuli leads to a desired outcome. Each and every activity in our daily lives involves a stimulus such as, for example, walking, talking, playing an instrument, asking for a pay rise ,driving, doing the housework, etc.

## Objectives:

- Acquire the basic knowledge of the principles of the Alexander Technique and how to apply them practically
- Develop awareness of the habits we have acquired during our lives and how they are interfering with our own structure, expression and natural functioning
- Begin to use the Alexander Technique as a tool for the development of our full potential

## Course Description:

We will introduce to the principles of the art of leaving ourselves alone and not interfering with our natural state of poise and balance.

We will review the head-neck-back relationship, its significance and how we interfere with its correct functioning which in turn leads to the use of inappropriate force and unnecessary stress when carrying out everyday activities.



### Specific Programme:

- Introduction, basic principles, presentation and application of 'semi-supine', a position of constructive rest.
- Primary Control, the head leads, and a review of the natural laws of gravitation.
- Faulty sensory appreciation, our misguided view of how we use the senses .
- Inhibition and Direction , an element of choice and saying no to the habit.
- End gaining and the means whereby
- Directions and the position of mechanical advantage
- Application of the Alexander Technique taking into account what we have learned to date.
- Applying the Alexander Technique to daily activities and exploring the unfamiliar.
- Spatial awareness and its effect on our Use.
- Recap – What have we learned? Where do we go from here?

## What you will need to bring along

- Wear comfortable clothes, preferably leggings or trousers, not tight clothing.
- Each student will require a mat or towel and some foam blocks or books (about 5 cm approx) for floor work.



Limited places available