

**ALEXANDER  
BEWEGUNG**

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acknowledged by



**EDUCATIONAL PROGRAM  
IN ALEXANDER TECHNIQUE**



2007 - 2008

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## INSTITUTE ALEXANDERBEWEGUNG

*A workshop entitled „A Creative Look at the Alexander Technique“ in 1994 marked the beginning of a successful collaboration between Alexander Technique teacher Melissa Matson and Administrative Coordinator Martina Süss. The special training and continuing education courses offered by the Institut Alexanderbewegung have been developed in response to the growing interest in a creative approach to the Alexander Technique. The aim of the Institute is to offer people, with various professional and artistic backgrounds, an opportunity to intensely study the Alexander Technique.*

### **Educational Director – Melissa Matson**

*Melissa Matson completed the Alexander Technique training at the American Center for the Alexander Technique in New York City after a professional dance career. Since 1987 she has been teaching the technique throughout the United States and Europe at international dance festivals, seminars and in universities. Her studies with Bonnie Bainbridge Cohen, in Body Mind Centering and with Pat Ogden in Body Centered Psychotherapy, have greatly added to her creative and insightful approach to the Alexander Technique. She is a former chair of the credentials Committee for AmSat and sponsors teacher certification for the international organization „Alexander Technique International“.*

*Melissa Matson will be joined in both programs by an excellent staff of internationally recognized Alexander Technique teachers.*

### **Administrative Director – Dr. Martina Süss**

*Martina Süss is an Alexander Teacher (ATI), a business psychologist, Coach and Dance therapist. She teaches at the University of Linz and trains groups in the fields of dance, movement and personal development.*



## THE METHOD

### ALEXANDER TECHNIQUE

*„... every single thing we are doing in the work is exactly what is being done in nature... The difference being that we are learning to do it consciously.“*

F. M. Alexander

The Alexander Technique, devised by F. M. Alexander (1869-1955), has been exploring the interconnected roots of thought and movement for nearly a century. The learning develops through observation, experimentation and refinement. This investigation draws our awareness to refining subtle shifts in our ways of perceiving and moving. Simple activities, such as walking, sitting, running, standing, can illuminate how we perceive and experience the world. The Alexander Technique on its most obvious level relieves physical symptoms brought on by stress and tension. However, when we look more deeply, we uncover the opportunity to explore the psychological, sensory and spiritual world in which we live. A close look at our physiology is combined with mindful observation of movement habits and patterns. The whole being is welcomed into this process in which we explore the way we think, move, sense and feel. Traditionally the Alexander Technique is taught privately, one on one. This means that the Alexander teacher uses her hands to support the student to find freedom and ease of movement.

### ALEXANDERBEWEGUNG – A Creative Look at the Alexander Technique

Alexanderbewegung (Alexander Movement) is a process through which the Alexander principles are taught and explored. In addition to hands on tradition, contemplative exercise, movement- and voice improvisation are used to clarify the basic principles of awareness, inhibition and direction. This educational process demands our full presence as cognitive, physical and emotional beings. Essential to this approach is the care, which is given each individual and the attention that is placed on the group as an entity in it self. Our belief rests in the awareness that the individual motivation as well as the group is an extraordinary resource for support and safety. When one is learning in a safe environment both individual and collective growth is possible.



## EDUCATIONAL PROGRAM

*The structure of Alexander Bewegung, which was developed by Melissa Matson and Martina Süß, allows the Alexander technique to be studied in conjunction with an ongoing professional life. The Institute Alexanderbewegung offers two programs:*

- ◆ *a four year professional Alexander Teacher training program and*
- ◆ *a two year personal enrichment program.*

*Both, at differing levels, are designed to immerse the student in, as well as, understand the principles of the Alexander Technique. The professional training program (4 year) and the Alexander Bewegung Practitioner study program (2 year) all hold the essential elements of the Alexander Technique with the addition of the integrative processes of movement and sound improvisation.*

### (1) ALEXANDER BEWEGUNG PRACTITIONER STUDY PROGRAM

- ◆ *2 years of intensive study of the Alexander technique*
- ◆ *includes 8 seminars, private lessons, home study group participation*
- ◆ *Certification as an Alexander movement practitioner is through Institute Alexander Bewegung*

#### ■ CONTENT, DATES

##### 1st Year – Foundation Year

*“Everything begins with the belief that something is possible.”*

F. Fellini

*In the first year of training the study will be primarily focused on “The Use of the Self”, how we move, think and act in our everyday lives. Through movement, voice and touch we will begin the journey toward embodying the principles of the work - awareness, inhibition and direction. Anatomy, an experiential sense of the structural self is an important area of study in this foundation year.*

##### Seminar 1 / Feb. 15 – 20, 2007

##### Use of Self

- ◆ *Define and understand “Use of the Self”*
- ◆ *Awareness of movement patterns and how to positively affect them through conscious inhibition and direction*

##### METHODS

*Table work, chair work, personal movement experiments and activities, reflection of experience, reading and discussing the book “Body Learning” by Michael Gelb, videotaping*



**Seminar 2 / May 17 - 22, 2007**

**The Development of Self**

- ◆ *Developmental movement patterns*
- ◆ *The connection between physical, emotional and brain development in early childhood*
- ◆ *Awareness of how each childhood experience shapes movement patterns and brain function*

*METHODS*

*Dart procedures, Body Mind Centering and Feldenkrais developmental movement exercises, Alexander Principles through chair work and movement activities, theory*

**Seminar 3 / July 17 - 29, 2007**

**Kinesthetic Truth and Constructive Thinking**

- ◆ *Kinesthetic truth and constructive thinking are teaching methods of the Alexander Technique*
- ◆ *How both work together to form our world view*
- ◆ *Understanding faulty sensory perception and how to effect it*

*METHODS*

*Sensory awareness exercises, thinking in activity, beginning an Alexander project*

**Seminar 4 / Oct. 25 - 30, 2007**

**Experiential Anatomy**

- ◆ *Structural and functional understanding of the body*

*METHODS*

*Experiential anatomy exercises, practical and theoretical understanding of the human anatomical structure*

**2nd Year - Deepening into the work**

*"To be means to be with other human beings ... existence is coexistence."*

Abraham J. Herschel

*The second year finds us going further into our "sense of self" in relation to others. Through boundaries work and hands on Alexander Technique, we will explore where we meet and how we interact with others. At this time, hands on exchanging will become an important aspect to our home study groups. Readings and discussion themes will continue to be explored. In the second year, through an independent project, each student explores a special aspect of the work, which relates to his or her personal experience.*

**Seminar 5 / Feb. 14 - 19, 2008**

**Contact, Touch and Boundaries**

- ◆ *Hands-on techniques*
- ◆ *How sensing, thought and perception molds the interactions with other persons*

*METHODS*

*Chair work, table work, Contact Improvisation, discussions*



**Seminar 6 / May 15 - 20, 2008**

**Theory and Practice**

- ◆ *Understanding of F. M. Alexander's theoretical concepts and the different teaching methods that developed out of it.*

*METHODS*

*Reading and discussing F. M. Alexander's „Use of the Self“, experiencing the effects of different teaching methods in the Alexander Technique*

**Seminar 7 / July 15 - 27, 2008**

**Structure and Creativity**

*The Alexander Technique Principles and Procedures provide a structure*

- ◆ *to step into the creative process*
- ◆ *to develop a greater range of expression*
- ◆ *to ignite spontaneity*

*METHODS*

*Developing and presenting a performance piece, based on the principles of the Alexander Technique*

**Seminar 8 / Oct. 23 - 28, 2008**

**Completion and Integration**

- ◆ *Review of previous seminar highlights*
- ◆ *Integrating and completing the 2 year study program*

*METHODS*

*Project Presentation, curriculum review*

■ **STRUCTURE**

■ **Seminars**

*Each seminar focuses on a different aspect of the work. The seminar days lasts between six and eight hours each day.*

■ **Home Study Groups**

*This groups form at the beginning of each program. Reading and discussion of special literature as well as the connection of the work to ones daily life, is focused and supported within the home study groups. Home study is an essential part of keeping the work alive between the seminars.*

■ **Private Lessons**

*The student receives one private Alexander lesson per seminar. Additional private lessons with educational or local teachers are strongly encouraged to support the individual learning processes.*



## **(2) PROFESSIONAL EDUCATION FOR ALEXANDER TEACHER**

- ◆ *The prerequisite as an Alexander Bewegung's Practitioner Certification*
- ◆ *2 years of professional education, based on the Alexander Bewegung's practitioner program, including the participation in 8 seminars as advanced student, private lessons, home study groups and the professional training group*
- ◆ *After successful completion of the four-year training program, the graduate is eligible for ATI (Alexander Technique International) Certification pending successfully completing ATI endorsement by three elected ATI sponsors.*

### **■ CONTENT**

*The work is taught in a spiralic structure, returning to the basic principles again and again at different levels of understanding. Thus the training is offered in two year cycles, in which the teacher trainees repeat the complete two year cycle as advanced students deepening into a different state of psycho-physical integration.*

### **■ STRUCTURE**

#### **■ Seminars**

*The teacher trainee participates in seminars 1 through 8 as an advanced student.*

#### **■ Professional Training Group**

*In six additional teaching days before each seminar, the professional training group meets to continue to cultivate and hone the skills of an Alexander Technique teacher. The teacher trainees concentrate on the ability to help the student to identify unconscious movement habits which contribute to reoccurring difficulties, whether they are neck and shoulder pain, restricted breathing, perpetual exhaustion or limitations in performing an art. Analyzing the movements, not just the symptoms, the teacher trainee learns to alert another to harmful habits of compression in characteristic ways of sitting, standing and walking. The new teacher learns to guide another with words and a gentle non-invasive touch.*



■ **Home Study Groups**

*Participation in a home study group as an advanced student is essential.*

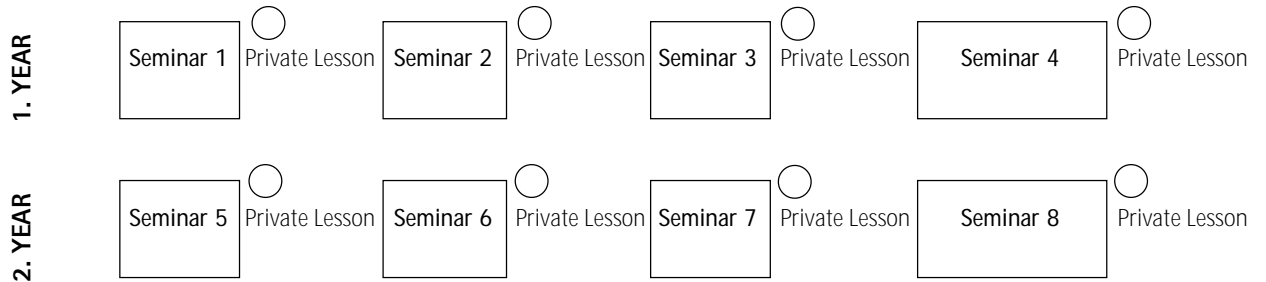
■ **Private Lessons**

*The student continues to receive one private Alexander lesson per seminar. From the third year on each teacher trainee must take continuous private lessons with local teachers. Additional private lesson costs are not included in the program fee.*



## PROGRAM OVERVIEW

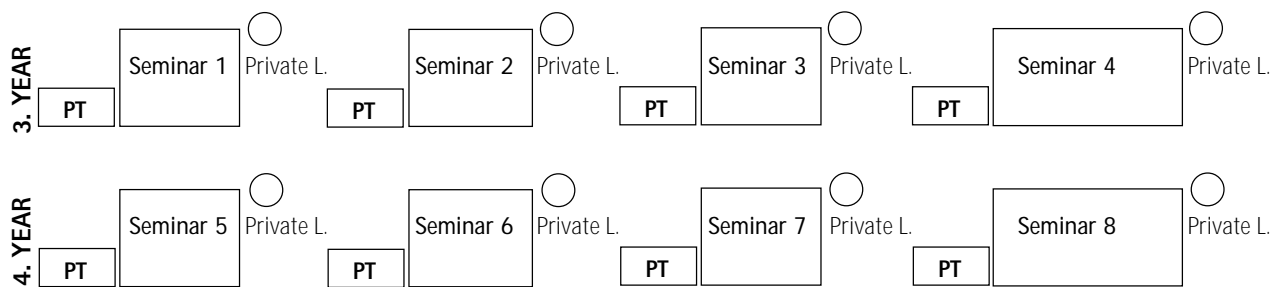
### Participation as a beginner in the 2 YEAR SEMINAR CYCLE



### Certification as ALEXANDER BEWEGUNGS PRACTITIONER

### Participation as Alexander Bewegungs Practitioner in the 2 YEAR SEMINAR CYCLE

#### Participation in the Professional Training Group (PT) 3 hours on 6 days



### Certification as ALEXANDER TEACHER (ATI)



## CERTIFICATION

*The principles of the work must be embodied to such a degree that the new teacher can pass them on to another before certification is awarded.*

*Participation in the following is required for certification:*

- ◆ *in all seminars – 700 hours*
- ◆ *in the professional training group – 170 hours*
- ◆ *in private lessons related to the seminars – 32 hours*

*Plus additional work, which is the responsibility of each student including*

- ◆ *home study group meetings – 100 to 200 hours*
- ◆ *additional private lessons with Melissa Matson, guest teachers and local teachers – 50 to 150 hours*
- ◆ *the work on ones project – 60 to 150 hours*
- ◆ *as well as developing a daily practice which means practicing the work during the day.*

*This means a student who is applying for certification has had between 1.100 and 1.400 hours not including the daily practice.*

*Certification is given in cooperation with ATI (Alexander Technique International). ATI was founded in 1991 as a forum for innovative teaching methods of the Alexander technique. ATI has in part its own certification procedure. It ensures an internationally recognized high quality standard of Alexander teachers, with respect to the different methods of imparting the Alexander technique.*

*The Institute Alexanderbewegung adjusts to the actual criteria of certification of ATI. Currently they follow the following procedure: Qualification as an Alexander teacher is awarded through the agreed upon criteria of three sponsoring teachers. Feedback during the education supports the Alexander students in estimating their own skills in relation to the completion.*



## WHO MAY APPLY

"You have to be the change you want to see in the world."

M. Gandhi

*Persons in the fields of therapy, education, science, theater, music and medicine have all benefited from this work. People use the Alexander Technique to develop their own special skills in diverse professions and restore their original poise and balance.*

*The program also addresses people who wish to become teachers of the Alexander Technique.*

### Number of participants

*Seminar Cycle: 16 – 22 persons*

*Professional Training: 6 – 12 persons*

## APPLICATION

### Precondition

- ◆ *Precondition for the application towards the 2-years in-depth study program is the participation at one introduction seminar as well as a private lesson with a teacher of the educational-team.*
- ◆ *Qualification as an Alexander Bewegungs Practitioner is the prerequisite and basis for the Teacher Training Program*

### Application procedure

- ◆ *Application for the 2 year in-depth study program is through the submission of a completed application form, a short biography, a photo and an application interview. You will be required to sign an educational contract upon the acceptance of your application.*
- ◆ *Application for the teacher training program is verbal and becomes compulsory through the signing of the educational contract.*

### Seminars, private lessons, application interviews

- ◆ *You can call us to get informations about the next introduction seminars.*
- ◆ *Application for private lessons are made through the Institute Alexanderbewegung.*
- ◆ *You may make an appointment for the application interview after your application form has reached the Institute Alexanderbewegung.*

### Period for registration

**The period for registration ends on Nov 10, 2006.**



### EDUCATIONAL TEAM

*Melissa Madson as the educational director is joined by two assistants and an excellent team of experienced senior teachers of the Alexander Technique.*

### LOCALITY OF EDUCATION

*The seminars take place at „Salzhof“ ([www.freistadt.at/salzhof](http://www.freistadt.at/salzhof)), Freistadt in picturesque Upper-Austria. The professional training group meets at the Institute Alexanderbewegung in Linz, Austria.*

### TEACHING LANGUAGE

*The teaching language is English. Standard school-English will be sufficient. However, some of the trainers speak German and past experience has shown that the translating abilities of the group support the understanding quite well.*

### POSSIBILITIES OF COMMING IN CONTACT WITH THE WORK

*Ways in which interested persons can find out about the work are:*

- ◆ *Seminars*
- ◆ *Visiting days at the training*
- ◆ *Private lessons with our staff and local teachers*

*[www.alexandertechnik.at](http://www.alexandertechnik.at)*

*Please call us to make an appointment.*

### CONTRACT

The conditions of participating and paying are provided by a contract that is signed by the Institute Alexanderbewegung and by the student.

### COSTS

The costs for the seminar cycle come to € 2.960,- + 20 % taxes

(for 4 seminars plus 4 private lessons) per year, payable in 2 instalments.

The costs for the Professional Traininggroup come to € 1.150,- + 20 % taxes per year.

