

24th Annual

Summer Program in the Alexander Technique

University of Colorado / Boulder, CO

Faculty
Amy Likar / Ed Bilanchone / James Brody

Course dates: July 9-13, 2018 / 9:00 a.m. to noon, daily

Course tuition: \$400.00, \$350.00 for students/seniors

One (1) graduate level college credit is available for an additional fee (\$70.00)

One-day Intensive: July 14, 2018 / 1-5:00 p.m.

More information:

brody@colorado.edu or

<http://www.colorado.edu/music/summer-college-music/alexander-technique-summer-course>

Amy Likar maintains an active teaching studio as an Alexander Technique Teacher, Body Mapping Instructor, and professional musician. While her practice is primarily with musicians, she works with anyone seeking to improve their movement in everyday life. Her biggest influences in teaching the Alexander Technique are Barbara Conable, Bob Britton, and Frank Ottiwell. She has presented Body Mapping and Alexander Technique workshops at colleges and music schools throughout the United States and Europe. She is a member of the Oakland Symphony and an active freelance musician in the Bay Area of San Francisco.

Ed Bilanchone maintains an active practice in the Washington DC, area, working with a diverse population that includes performers, athletes, and chronic pain sufferers. He also has the distinction of re-educating injured body workers. With years of experience working closely with neurologists and psychiatrists, he brings a keen interest in the brain/body connection to the Alexander Technique. He carries a certification to teach golf from the United States Golf Teachers Federation and has been granted permission to teach T'ai Chi. Most recently, he became the director of *Smart Moves for Living*, a multi-disciplinary center for health in Alexandria, VA.

James Brody is the course coordinator and professor of music at CU. As an oboist, he has performed internationally and most recently with the renowned Takács String Quartet. He teaches Alexander Technique courses in the College of Music curriculum, coaches oboe and Chamber Music, and is the Director of the Musicians' Wellness Program, a comprehensive, holistic program addressing the overall health and capability of student musicians. He presents his message of musician well-being throughout the country. His co-authored textbook, *Rock and Roll, an introduction*, is published by Schirmer/Cengage.