

## WHAT IS THE ALEXANDER TECHNIQUE?

F.M. Alexander (1869-1955) was a pioneer in mind-body education who developed a simple and practical method for improving ease and freedom of movement, balance, support, and flexibility. The Alexander Technique is a common sense process for identifying and preventing habits of thought and movement that interfere with natural and efficient coordination. This established technique is as exciting and effective today as it was in Alexander's time. Discover how it can work for you!

## WHO USES THE ALEXANDER TECHNIQUE?

The Technique is a powerful tool for self-improvement. Musicians, dancers, and actors have long turned to the Technique to improve their skills in performance and prevent injury. But the Technique is not just for the performing artist. An increasingly diverse population—from world-class athletes to health care providers, computer operators to office managers, educators to their students—has experienced the benefits of this remarkable work. No matter what you do, the Alexander Technique can help you do it better.

## THE COURSE

The course is designed to accommodate both the novice and the more experienced student. Large and small group experiences provide variety and interest and allow our diverse group of participants to learn from each other. Activities classes give participants the opportunity to apply the principles of Alexander's work in a multitude of ways, be it in T'ai Chi, playing the violin, or maximizing efficient body use at the computer. Each student will receive at least one individual session with one of the teachers, and opportunities for further one-to-one intensive training are available.

Come join us in beautiful Boulder, Colorado for a week of study and discovery as we learn and apply Alexander's unique method of mind-body education. The resulting poise, grace, and ease of movement will delight and energize you as you sit, walk, play, or work with newfound awareness.

## COURSE DATES & HOURS

Monday July 7 through Friday July 11, 9:00am to noon

## COURSE SITE

The course will be held in the facilities of the College of Music on the University of Colorado campus in Boulder. Located in the scenic foothills of the Rocky Mountains, the campus is easily accessible by car and public transportation. Regional bus and shuttle services run regularly from Denver International Airport. Classes meet in the mornings, leaving afternoons and evenings free for hiking in the foothills, biking, exploring downtown Boulder's shopping and art galleries, relaxing in the temperate humidity-free summer climate, or enjoying the world-renowned Colorado Music Festival and Colorado Shakespeare Festival.

## COURSE FEES

Tuition is \$400, \$350 for students and seniors. For those who cannot attend the entire course, pro-rated tuition is available. One hour of graduate credit through the CU Continuing Education Division is available for an additional fee of \$60.

## ONE DAY INTENSIVE CLASS

For those unable to attend the five-day course, a four hour Intensive will be offered Saturday, July 11, 1-5 pm. Tuition is \$90. The intensive will be limited to 20 participants.

## ATTENTION MASSAGE THERAPISTS

Ed Bilancone is an Approved Provider for Continuing Education hours through NCBTMB, the National Certification Board for Therapeutic Massage and Body Work.

## ACCOMMODATIONS

A list of Boulder area hotels, motels, hostels, and B&Bs is available on request.

## FOR FURTHER INFORMATION

Contact Professor James Brody: College of Music, 301 UCB, University of Colorado, Boulder CO 80309  
303-492-1641 / brody@colorado.edu

Visit the website for much more information  
<http://music.colorado.edu/summerat/>

## THE FACULTY

Our certified teachers of the Alexander Technique draw on many years of teaching experience and their own unique backgrounds in dance, martial arts, music, somatic education, and yoga. As you study the Technique during the course, they will help you recognize how your movement habits can interfere with your mind-body connection, and will guide you as you discover how to monitor and eliminate unnecessary effort in both your daily and specialized activities.

**Barbara Conable** is the author of *How to Learn the Alexander Technique* and the DVD *Move Well, Avoid Injury*, as well as several books about musicians' wellness available from GIA Publications, Chicago, including *The Structures and Movement of Breathing: A Primer for Choirs and Choruses*. She is founder of Andover Educators ([www.bodymap.org](http://www.bodymap.org)), a network of music teachers dedicated to saving, securing, and enhancing musical careers with accurate information about the body in movement. Now retired from teaching, she continues to write, most recently the light opera *aMusement*, which is being composed by Lisa Marsh of Portland State University.

**Ed Bilancone** 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 Director of the Musicians' Wellness Initiative, a comprehensive, holistic program addressing the overall health and capability of student musicians. His co-authored textbook, *Rock and Roll, an introduction*, is published by Schirmer.



20<sup>th</sup>  
ANNUAL  
ALEXANDER  
TECHNIQUE  
SUMMER PROGRAM

SUMMER COURSE 2014  
Monday-Friday, July 7-11

ONE DAY INTENSIVE  
Saturday, July 12



University of Colorado at Boulder  
College of Music  
301 UCB  
Boulder, CO 80309-0301



ALEXANDER  
TECHNIQUE  
SUMMER PROGRAM

Name \_\_\_\_\_

Street address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email address \_\_\_\_\_

Registering for  Course  Intensive  Both

Course deposit: \$100.00 Intensive deposit: \$50.00  
(refundable until June 20)

Make checks payable to: The University of Colorado

Do you wish CU graduate credit?  Yes  No

Please indicate any specific areas of interest on which  
you would like to work (e.g. sports, music, etc.)

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Mail to: Professor James Brody  
College of Music, 301 UCB  
University of Colorado  
Boulder, CO 80309

