

• 24TH ANNUAL •

ALEXANDER TECHNIQUE

SUMMER PROGRAM

Boulder, Colorado

SUMMER COURSE

Monday-Friday July 9-13, 2018 from 9 am to noon daily

Tuition: \$400 / \$350 for students

One hour of graduate credit available for an additional \$80

ONE DAY INTENSIVE

Saturday July 14, 1-5 pm

Limited to twenty participants Tuition: \$90

FACULTY

Ed Bilanchone, James Brody, Amy Likar

FOR MORE INFORMATION

<http://music.colorado.edu/summerat/>

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The Alexander Technique is a simple and practical method for improving ease and freedom of movement, balance, support, flexibility, and coordination. Our certified teachers of the Alexander Technique draw on many years of teaching experience and bring their own unique backgrounds in dance, martial arts, music, and somatic education to the course. As you study the Technique during the program, your teachers will help you recognize how your movement habits can interfere with your mind-body connection, and they will guide you as you discover how to monitor and eliminate unnecessary effort in both your daily and specialized activities.



University of Colorado
Boulder