ALEXANDER TECHNIQUE SUMMER PROGRAM
Boulder, Colorado
25TH Annual SUMMER COURSE 2019
Monday-Friday July 6-10
ONE-DAY INTENSIVE Saturday July 11

College of Music
301 UCB
Boulder, CO 80309-0301

Name
Street Address  City  State  Zip
Telephone  Email address

Registering for
☐ Course
☐ Intensive
☐ Both

Do you wish CU graduate credit?
☐ Yes
☐ No

Make checks payable to: The University of Colorado
Course deposit: $100.00 Intensive deposit: $50.00 (refundable until June 20)

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

COURSE DATES & HOURS
Monday July 6 through Friday July 10, 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. 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 $80.

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.

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

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

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.

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 in Europe. She is a member of the Oakland Symphony and an active freelance musician in the Bay Area of San Francisco.

James Brody is the course coordinator and professor of music at CU. As an oboist, he has performed internationally and 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 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.