



WORKSHOP DETAILS

No prior experience necessary.
People of all ages welcome.
Limited number of participants.

Date: 25.03.2017, 10am - 6pm
Location: Technopark Zurich
(close to train stop Hardbrücke)

Course fee: CHF 160.-
(Students CHF 125.-)

Workshop language: English
(translation to German and French)

Individual lessons (CHF 110.-/45')
can be arranged on 23.03., 24.03.
and 27.03.2017.

Additionally, Robyn will give a workshop entitled „The Art of Alexander“ on Sunday, 26.03.2017.

Organizers and assistant teachers:
Magdalena Proyer and
Johannes Gassner

For more information and to register
call +41 (0)77 475 50 27 or write to
alexander.technik@gmx.ch.

To learn more about Robyn
and the Alexander Alliance:
www.contemporaryalexander.com
robyn@contemporaryalexander.com
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EMBODYPING GRACE

An Alexander
Experience

Led by Robyn Avalon

Saturday, March 25, 2017 in Zurich

EMBODYING GRACE

*by definition,
embodying: to give visible form to grace: simple elegance
embodying grace is an action of mind, body, and heart*

We are designed for ease, grace, and joy.
We have learned how to interfere with these innate states of being.
We can learn to recognize our interference and make new choices.
We can return to our natural state of grace in any moment of awareness.

When you join this experiential one day workshop in Contemporary Alexander Work, you will learn ...

- simple and effective tools for awakening your senses and becoming fully present and aware in each moment,
- how to be truly comfortable in your body,
- how to notice the thoughts, beliefs, and behaviors which have become camouflaged by habit,
- how to access to your innate state of grace, even, and especially, in moments of stress, performance, and everyday busy-ness,
- how to make new choices in your life.

WHO IS THIS WORKSHOP FOR?



You.
Me.
Anyone who wants to learn a little bit more about themselves.
Anyone who wants to find more ease, more grace, and more joy.
Whether you are completely new to FM Alexander's work, or you have been studying it or teaching it for decades, this workshop will offer something new for us all.

ABOUT ROBYN AVALON



Robyn has been a student of FM Alexander's Work for over 40 years. She is the Founding Director of the Contemporary Alexander School, the USA branch of Alexander Alliance International, offering Alexander Technique Teacher Training in Santa Fe, New Mexico and Portland, Oregon, as well as being on the Core Faculty of the AAI German and Japan schools since their inception. In the summers she is on the faculty of the renowned Meadmount School of Music. In addition to training teachers, Robyn travels the world offering beginner through post-graduate workshops in a contemporary presentation of Alexander's Principles.

In addition to Alexander Workshops, Robyn offers workshops and trainings that support educators in all fields. She is the creator of Living in a Body™. The Quintessential Owner's Guide to Natural Movement. This body mapping professional certification course is offered worldwide, with translations available in English, Japanese, German and French. She also offers an ongoing series of post-graduate workshops, Ways of Knowing, which provide tools for accessing and incorporating intuition and imagination in the educational process.

Robyn especially enjoys bringing Alexander's Work to a wide range of people. With her own extensive background in professional theater and dance, Robyn is most at home when offering the Work to many of the world's leading orchestras, chamber ensembles, dance, theater, and opera companies, and circuses. But she is equally comfortable teaching in an Olympic equestrian arena, for the Ladies PGA, or at a meeting of the world's top cardiac surgeons. Her private practice incorporates a unique blend of Contemporary Alexander, Cranial Sacral, Visceral Unwinding, Deep Imagery, Matrix Energetics®, and a life-long study of varied intuitive skills, to create a unique somatic experience. She enjoys teaching the very young and the very old, the absolute beginners and the masters, and everyone in between.