



WORKSHOP DETAILS

Open for all who are interested in the Alexander Work, especially teachers and trainees. Limited number of participants.

Date: 26.03.2017, 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 an introductory workshop entitled «Embodiment Grace: An Alexander Experience» on Saturday, 25.03.2017.

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
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THE ART OF ALEXANDER

Switzerland Post Grad Workshop

Led by Robyn Avalon

Sunday, March 26, 2017 in Zurich

THE ART OF ALEXANDER

In all life-long disciplines, there is a profound distinction between 'Technique' and 'Art'.

Art is supported by a great deal of sophisticated Technique; but Technique alone, no matter how skillful, can never achieve the true purpose of Art – to move people, truly and deeply.

The same is true for our study and teaching of Alexander's Principles. What transports our teaching from Technique to Art? How do we show up fully and behold our students, using our experience and skills to touch them, truly and deeply, rather than 'fix' them or 'help' them or even 'educate' them.

In this unique one day exploration we will consider the elements that differentiate Technique from Art in our own work as Alexander Teachers. We will study ourselves. We will study the way we use our skills and tools – our beliefs and paradigms – our knowledge. Do they limit us or free us?

We will practice with each other, learning to recognize when we have fallen into Technique alone, and when and how we make the seemingly magical shift to Art. Not notes, but music, not steps but dance, not Use but Life.

We will learn to use our skills in new ways. To touch everywhere from anywhere. To apply our craft in the critical moments of students' everyday lives and activities - in real situations full of stresses and joys, in rest and action, in fear and passion.

WHY TAKE THIS WORKSHOP?

I believe that people who are called to become Alexander Teachers are seeking a larger truth in their lives, however one defines it. We all know that this study can offer life-changing experiences - far beyond a release of unnecessary tension. We have all witnessed, within our own hands, extraordinary moments of grace and transformation in our students.

The more we understand how to create the conditions where the Principles can access this larger potential, the Art of the Work, the better skilled we become at offering that potential to ourselves, to our students, and to the world.

ABOUT ROBYN



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.