

Alexander Technique for Musicians and Music Educators

GENERAL SCHEDULE:

Monday

9-12 Class

Afternoon: Individual lesson times (between 1-4)

Tuesday

9-12 Class

Afternoon: Individual lesson times

Wednesday

9-12 Class

1-3 Class

Thursday

9-12 Class

Afternoon: Individual lesson time

Friday

9-12 Class

1-2 Class

2-3 Performance/Reflections/Farewell

Daily Assignments

AT-Moment via Discussion Board

Share how you have been applying Alexander Technique to your life!

Submit a post in which you share how you have recently been applying Alexander Technique to your practicing, performing, teaching or everyday life. Be as specific and personal as you feel comfortable being, avoiding abstract or theoretical ideas. Don't limit your sharing to the general prompt if the activities or inquiry inspire broader connection to your direct experience.

AT Book Club via Discussion Board (primary & secondary posts)

As you progress through Alexander Technique for Musicians (Kleinman & Buckoke) take note of sections that are particularly meaningful to you. Tell us about 2 sections of text that you found meaningful and why (about 250-500 words per text selection).

5-day Constructive Rest Challenge (CRC) via 'Journal' Blackboard

Commit to practicing constructive rest procedure for 5 consecutive days!

Each day choose a guided-talk through to listen to while lying in constructive ('active') rest position (see list below) **and on day 5 of the challenge - be sure to explore guiding yourself !**

Write down a few reflections after each talk-through. Describe changes, benefits, surprises and insights. What does your EASE-O-METER have to say? What ideas did you most connect to? Were any ideas confusing or hard to understand/connect?

Last day

Final Reflection Paper via 'Journal' Blackboard

Consider your week-long study of the Alexander Technique in this 2-3 page written reflection.

Begin with baseline experiences at the start of the week to assess progress. What practices were integrated into daily life, practicing, performing, learning, teaching? What were their effects, challenges, revelations? Describe changes, benefits, challenges and insights. Compare your start of week understanding of Alexander Technique to your current understanding - any changes?

You may also consider:

- Changes in awareness
- New experiences
- Forming new habits (thinking & movement)
- Honest expression of challenges
- Effects of practices
- How the course content was met, received, applied