



The Professional Association of Alexander Teachers

## Experiencing Use in the Moment

A Residential Workshop in the Alexander Technique May 31– June 2 2024

Over these 3 days, we have the time and space to explore how being consciously aware of our use can support us in being 'present' and if so, how. Taking a selection of Alexander's description of aspects of his Technique:

- ✚ Sensory appreciation
- ✚ Inhibition
- ✚ Direction
- ✚ Means-whereby

we use them as a lens for practical activities including hands on work, formal talks and group discussions.

This workshop is for teachers, student teachers, and pupils with at least a year's experience in the Technique.

To make it as accessible as possible, our teachers do not charge a fee. The residential cost for 2 nights with all meals including Sunday lunch is £234.

For further details or to register, please contact Liz on [liz.tunncliffe@talktalk.net](mailto:liz.tunncliffe@talktalk.net)