



Alexander Technique for Performers

An online course for performers of all kinds

Whatever kind of performer you are - dancer, musician, live artist, arts workshop leader or teacher - do you communicate what matters to you with passion, do you engage your audiences? Or do you have concerns about 'nerves', the 'inner critic' or getting stuck in your approach? Does a lack of stillness interfere with your performing to your best abilities and with your wellbeing as a whole?

If so, this course is for you! If you'd like to work on developing ease in performance, to gain input into specialist skills, help with auditions or other presentations, Alexander Technique offers an approach that invites exploration and experimentation.

Join our 1.5 x 8-hour course in Alexander Technique, Performance and Wellbeing, run online on Wednesday October 22nd, 29th, November 5th, 12th, 26th, December 3rd, 10th, 17th

11am-12.30pm GMT 12-1.30pm CET 7-8.30pm CST 8-9.30pm IST



This course is suitable for beginners in the Alexander Technique and those with more experience who would value the chance to practice the Technique in a group setting. For information and to book a place, please contact Rose Whyman +447940 766082 (UK) r.whyman@bham.ac.uk

This course is offered on a sliding scale basis with a suggested rate of £100 for those in full-time employment and £50 for students.

www.paat.org.uk