

International Alexander Teacher Training (IATT)

Train to teach, train for wellbeing

Welcome to our international hybrid training programme now accepting applications for September 2026



Our training offers the opportunity to qualify to teach Alexander Technique while enhancing your own development and life-path.

The course aims to equip you with in-depth skill and understanding which can be applied to your own personal and professional life, and from there into teaching others.

We are an international team of teacher-trainers, running a flexible, responsive programme that enables you to train to sector-approved professional standards in a way that fits with your own particular life situation.



We have used our expertise of many years of in-person teacher training and now online teaching, to build a high-quality, resilient curriculum for a time of global uncertainty to ensure your training is rigorous and supportive. In brief, IATT provides a basic distance-learning platform combined with in-person, 'hands-on' opportunities, over a period of three years, with a total of 2,400 hours of live and online interaction, individual and group study.

You will need to have a minimum of a year's experience with the Technique and be highly motivated to engage with its principles in a sustained way. There is the chance to learn specialised expertise around the principles of the Technique, including presence, compassion, sensitive receptivity to others, confidence and kindness in communicating and collaborating, critical thinking and analysis.

Such expertise applies equally wherever you are, in or even after your career. You may wish to refresh and redevelop your practice and join up two career interests, for example, combining Alexander Technique with another professional practice.

For further details, including fees, and an online conversation to find out if this course is appropriate for your needs and experience, please contact the Secretary of the Professional Association of Alexander Teachers (PAAT) on info@paat.org.uk.

"The IATT Alexander Technique course, is thoughtfully designed, thorough, supportive, and a 'bringer of joy' to my life. Highly recommended". Jennifer C., Vancouver.

"I first encountered AT 30 years ago when a musician friend recommended it to help with back pain. Not only did it help me to fix the habits causing the pain, applying the principles of AT as an adult learner of violin and piano made a huge improvement in my ability to learn and refine my technique. The IATT course has helped me broaden and deepen my understanding of the Technique, and to go through this immersive experience of study, discussion, reflection and self-observation is life-changing". Chris H., UK.

"The IATT training course has opened up a new world of well-being for me that I didn't know was possible. The instructors have guided and helped me interpret and reinterpret Alexander's teachings. So many aspects of my life are changing for the better by joining this community of gifted instructors and enthusiastic students". Amy H., British Columbia.