

Basic Principles Course

Basic Principles is a new approach to the training of students and teachers in the principles of F.M. Alexander. Based on the definition that the Alexander Technique is the study of thinking in relation to movement, this course is designed to awaken, encourage, and discipline what Mr Alexander called our supreme inheritance: the power of our conscious minds to direct ourselves constructively for a continual improvement in the performance of all our activities.

While recognising the value of movement and sensory training as part of the skills required in learning the Technique, Basic Principles addresses itself to the vastly more important work of training the student's thinking through the application of the disciplining procedures which Alexander described. Through the years, it has been proven that there is a one-to-one relationship between a student's comprehension of Alexander's ideas and the student's ability to do this work independently.

Basic Principles is conducted in an interactive seminar format. The course is a mixture of experiential classes combined with a line by line investigation of the most important introductory texts from Alexander's writings, and a critical review of Frank Pierce Jones' book, *Freedom to Change*. Through the open, frank, and often heated discussion of the ideas and principles described, students are able to gain perspective on their own thoughts and ideas with regard to the work. This clarity of thought and insight into both Alexander's procedures and the student's

understanding of them has proven without fail to have immediate and profound effects upon the student's ability to translate an improved manner of thinking into an improved quality of performance in activity.

This course is taught over six weekends. While the range and depth of discussion will be determined by the capacity of the class members, no previous experience in the work is required to take this course. The goal of the course is for all students to master the processes derived from Alexander's discoveries as a means of learning to master themselves.

Course Timetable

On Friday evening, from 6.30-10pm, there is an experiential workshop, where you will have ample opportunity to have lessons, pursue issues and ask questions. From 9am-6pm, Saturday and Sunday, there will be larger interactive classes focussing more on the material for the module.

Course Dates 2008-2009

19-21st September
10-12th October
7-9th November
12-14th December
9-11th January
6-8th February

About Don Weed



Donald L. Weed, D.C. has undergraduate degrees in music and drama, and in human biology, as well as a Doctor of Chiropractic degree. He studied the Alexander Technique with Marjorie Barstow from 1971 to 1993, and began his apprenticeship training with her in 1972. He has studied with a number of other teachers, most notably, Frank Pierce Jones and Margaret Goldie. He ended his apprenticeship in December of 1974 and began his professional work as a teacher of the Alexander Technique in January of 1975.

He has taught at numerous universities, at The Performance School in Seattle, USA, which

he helped to co-found in 1986, and on other Alexander Technique training programmes. His extensive background as an actor, singer, director, and performance coach has provided the basis for the performance workshops he has taught throughout the United States and Europe. His major contribution as a teacher, however, has come in the creation of on-going classes for the general public. He has also expanded the training in his basic proficiency courses to create a non-residential training course for becoming a teacher of the Interactive Teaching Method for teaching the Alexander Technique. This Basic Principles course will form the first module of the seventh ITM training course. He has written five textbooks for the training of teachers and continues to work on The Alexander Commentaries, a detailed analysis of selected writings of F. M. Alexander and Frank Pierce Jones.

Over the last twenty-four years, Dr. Weed has developed a new re-education therapy called Restructuring which combines standard chiropractic and massage treatment techniques with Mr Alexander's principles of movement and guidance. He is currently working in Switzerland as a neuromuscular rehabilitation specialist.

The Basic Principles course has been the best investment I've made in this work so far. BB



How to register

To reserve a place on the Basic Principles course, please send your completed booking form along with your deposit to Tracy Gil, the Training Coordinator. You will be sent full details of the programme, including accommodation and travel information.

Cost

The course takes place over six weekends. Each weekend costs £220. The price includes attendance at all classes, access to audio and library material and the opportunity to take the Basic Principles exam. Tea, coffee and biscuits will be provided.

We ask students to pay a deposit of £220 for the first weekend and the remainder of the fees by monthly standing order. You may also choose to pay for the full module by cheque prior to commencement of the course.

Venue

The course will take place at Trinity College, Stoke Hill, Bristol, BS9 1JP. The college is set in beautiful grounds, close to the Downs in Bristol. It has convenient bus links to Bristol Temple Meads railway station and the city centre. There is on-site parking.

Trinity College has a limited quantity of accommodation available at very reasonable prices. We will also provide alternative accommodation suggestions that are close to the college.

Further Information

For further details, please contact the Training Coordinator, Tracy Gil on Bristol (0117) 953 8430 or email tracygil@blueyonder.co.uk

Booking Form

Please enrol me on the Basic Principles Course starting September 2008. I enclose a deposit for £220

[BLOCK CAPITALS please]

Name

Address

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Postcode

Phone Number

Email

Date of birth

Please give brief details of what experience, if any, you have of Alexander's work

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Please send your completed booking form and deposit to:

Tracy Gil
Training Coordinator
48 Mendip Road
Windmill Hill
Bristol
BS3 4NY