

# Interactive Teaching Method (ITM)

for the teaching of the Alexander Technique

## 7<sup>th</sup> Summer Workshop in Germany

July 9<sup>th</sup> - 13<sup>th</sup> 2010

with **Don Weed**

The Alexander Technique is a powerful tool for change which can bring about lasting improvements in physical and mental performance.

You can use it to enhance your coordination and comfort in your everyday tasks, but also in your specialised activities - for instance, music, dance or sport.

The Alexander Technique is used to solve problems and find simpler solutions. This workshop is designed to give you inspirational guidance and instruction in how to apply the principles and ideas of Alexander's work for yourself.

By learning more about yourself and the principles which govern all movement behaviour, you can make an increasingly better use of your mind and body, freeing yourself to reach your dreams.



*"Don is an amazing communicator of Alexander's work.."*

*"Encouraging, inspiring, clear thinking with energy and optimism."*

*"I left feeling motivated, inspired and ready to take on new challenges."*

*"Learning about the Alexander Technique is one of the best things I've ever done. I was really surprised how much we learned during the breaks"*



The workshop is designed as a combination of large group experiences with Don Weed and smaller, more personalised groups lead by teachers trained in the Interactive Teaching Method.

This format offers plenty of opportunity to listen, to watch and to learn in an experiential context, and also to ask questions.

Apart from the "official" classes there will be additional opportunities to practice and exchange experiences with all other participants.

The workshop is open to all, whether you are completely new to the work of F.M. Alexander, a student keen to learn more, or a teacher or trainee who would like to accept the challenge of new viewpoints and methods.

Whatever your experience,  
we would love to have you join us.

*"I have made changes in seemingly every area of my life - even things I thought I could never change. The workshop was just the beginning!"*

*"I met a lot of interesting and like-minded people and became a happier person"*



## The Alexander Technique

the name given to the many and various approaches to teaching the work of F. Matthias Alexander

## The Venue

The workshop will be held at the "Freie Waldorfschule Darmstadt Eberstadt".



### Class Schedule

	Fri 9th	Sat 10th	Sun 11th	Mon 12th	Tue 13th
09.00-13.00 h		Class	Class	Class	Class
15.30-18.30 h		Class	Class		
18.30-21.30 h	Class			Class	

## About Don Weed

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



His extensive background as an actor, singer, doctor and performance coach has provided the basis for the performance workshops that he has taught throughout the United States as well as in Switzerland, Germany and England.

He has created a non-residential training course for becoming a teacher of the Interactive Teaching Method for teaching the Alexander Technique. Six training groups have completed their courses so far.

A new training course with Don Weed has started in September 2008 in Bristol (England).

### Accommodation

Students can bring their own air bed and sleeping bags and sleep in the classrooms for free. The school offers usage of the shower facilities of the gymnasium.

There also are some hotels nearby.

Address details can be provided by the organiser.

### Costs and Payment Details

Course fee 450 EUR

Price for students 375 EUR

**For registration before May 29th, 2010 you get a discount of 30 Euro.**

Your registration will be effective upon receipt of the course fee.

### Cancellation Clause

Should you cancel your registration after June 18th, 2010 your payments will be refunded except for the amount of 200 EUR. This does not apply if you provide a replacement.

Please address all inquiries and registration to:

**Stefan Welsch, Im Sanktwendel 36**  
**D-64342 Seeheim-Jugenheim, Tel: +49 (0)6257-99 84 25**  
**e-mail: stefan@welsch-itm.de**

Bank: Sparkasse Darmstadt, bank code 508 501 50  
 account no. 11 30 25 883,

**IBAN: DE82 5085 0150 0113 0258 83 BIC: HELADEF1DAS**  
 Stefan Welsch

**Text: Summer-Workshop 2010**

**www.alexandertechnique-itm.org and www.at-itm.de**

## Registration

**Yes, I'd like to join the ITM Summer Workshop Darmstadt Eberstadt, Germany July 9th - 13th, 2010**

- Full course fee 450 €  
 Reduced fee for students 375 €

**For registration before 29th of May 2010 you get a discount of 30 Euro.**

My course fee of .....EUR has been transferred to

Stefan Welsch, Sparkasse Darmstadt  
 Bank code 508 501 50, account no. 11 30 25 883

**IBAN: DE82 5085 0150 0113 0258 83**  
**BIC: HELADEF1DAS**

Name .....

Address .....

Tel. ....

E-mail .....

Signature .....