

Interactive Teaching Method (ITM)

for the teaching of the Alexander Technique

9th Summer Workshop in Germany

July 27th - 31st 2012

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 27th	Sat 28th	Sun 29th	Mon 30th	Tue 31th
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. Seven training groups have completed their courses so far.

A new training course with Don Weed will start in September 2012 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 June 16th, 2012 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 July 6th, 2012 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, Elgendorfer Str.3

D-56410 Montabaur, Tel: +49 (0)26 02 - 67 49 580

e-mail: stefan@welsch-itm.de

Bank: KSK Westerwald, BLZ 570 510 01

account no. 180 236 259,

IBAN: DE49 57051001 0180236259 BIC: MALA DE 51 BMB

Stefan Welsch

Text: Summer-Workshop 2012

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

Registration

Yes, I'd like to join the ITM Summer Workshop Darmstadt Eberstadt, Germany July 27th - 31st, 2012

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

For registration before 16th of June 2012 you get a discount of 30 Euro.

My course fee ofEUR has been transferred to

Stefan Welsch, KSK Westerwald
Bank code 570 510 01, account no.180 236 259

IBAN: DE49 57051001 0180236259
BIC: MALA DE 51 BMB

Name

Address

Tel.

E-mail

Signature