



Alexander Technique

with Don Weed

ITM Summer Workshop 2011
29th July - 7th August



Interactive Teaching Method Summer Workshop 2011

The ITM Alexander Technique is a powerful tool for change, which can bring about lasting improvements in physical and mental performance. It can be used to enhance a person's co-ordination and comfort in everyday tasks, as well as more specialised activities, such as music, dance or sport.

From its very beginning, the ITM Alexander Technique has been used both to solve problems and to find simpler solutions than the ones you are already using. This workshop is designed to give participants inspirational guidance and instruction in how to apply the principles and ideas that make up Alexander's work for themselves.

By learning more about ourselves and the principles which govern all movement behaviour, we can make increasingly better use of our time and energy, freeing ourselves to reach our dreams.

"Physically, mentally, and emotionally – studying the Alexander Technique with ITM continues to improve my quality of life."

"Now I would never wish to return to the self-imposed limitations I lived with before."

During the whole summer workshop over fifty hours of classes will be offered in a mixture of large groups with Don Weed and smaller more personal groups with teachers trained by Don. This gives participants many opportunities to listen, watch and learn during other students' lessons as well as to ask questions.

An added bonus for residential participants is the synergy created by spending time in a community of people dedicated to learning about Alexander and his work.

The workshop is open to all, whether you are completely new to the work, you are a returning student keen to learn more, or you are an Alexander Technique teacher or trainee who would like to accept the challenge of interacting with/encountering new points of view. Whatever your experience, we would be delighted if you joined us.



"Thank you all for such an amazing few days in Cirencester... an overwhelming life-changing experience..."

"I have never laughed so much in my whole life."

"It is a delight to watch people grow, shine and truly surpass their previous sense of their own potential."

"I'm coming for the whole workshop next year!"



Workshop Venue

The workshop is held at the Royal Agricultural College, which is set in the heart of the Cotswold countryside, on the outskirts of the historic town of Cirencester.

Established in 1845, the College has 25 acres of grounds, centred around an attractive Victorian Gothic building and the College chapel. The bar and lounge are situated inside an original 17th Century Tythe Barn.

Tennis and squash courts are available on campus and the Cotswold Leisure Centre, which has a swimming pool and other sports and exercise facilities, is a ten minute walk from the College.



Cirencester has a wide range of shops and restaurants. There are several golf courses nearby - as well as Britain's largest water park, where water sports are available. The Cotswolds is an area of outstanding natural beauty with many opportunities for walkers and cyclists.

The Royal Agricultural College is easily accessible by road. London, Bristol and Birmingham are all within one or two hours drive. Car parking on campus is free and plentiful. The nearest railway station is Kemble, a few miles from the college and on the line to London Paddington. Cirencester is also served by National Express coaches from London Victoria, many of which also call at Heathrow airport.



About Don Weed

"Witty, wise, insightful and compassionate, Don is able to bring out the best in everyone."

"...an inspiring teacher who encourages you not to limit yourself."



Don Weed has 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 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, director and performance coach has provided the basis for the performance workshops that he has taught across the United States and Europe. In addition, his training and practice as a doctor have given him insight and experience into practical movement mechanics as well as our structural needs. He has created a non-residential training course for becoming a teacher of the Interactive Teaching Method for teaching the FM Alexander Technique and has trained teachers in the UK, Switzerland and Germany. He is currently running a training course in Bristol, England and will begin teaching a new/final teacher training course in September of 2012.

From 1985 to 1992 Don was the Class Co-ordinator for Marjorie Barstow's Summer Workshop in Lincoln, Nebraska on which this workshop is modelled.

Booking Information

	RESIDENTIAL Standard room	RESIDENTIAL En suite room	NON-RESIDENTIAL
	Price includes tuition, all meals and refreshments		Price includes tuition, lunch and refreshments
One block	£435 (4 nights)	£455 (4 nights)	£390
Extra days in addition to one block	£110 per night	£115 per night	£105 per day
Whole workshop	£845 (9 nights)	£915 (9 nights)	£775
Short stays 1-3 days	£130 per night	£140 per night	£125 per day

Accommodation

The accommodation is in single rooms on the College campus, a short walk from where the workshop takes place. Standard rooms have a wash basin and shared toilet and bathroom facilities. En suite rooms have their own shower and toilet. Twin rooms are available on request at the same cost per person (based on two people sharing). Towels, bed linen and tea and coffee facilities are provided in all rooms. There is also a launderette and coffee shop on campus.

To book

To reserve a place please complete the booking form and return it to the address shown with a deposit of £100 per person. Full payment is required by June 29th 2011.

Booking from outside the UK

If you are booking from outside the UK, you can make your reservation by email and pay by £ sterling bank transfer or international bankers draft. Please include all the information requested on the Booking Form in your email. We will then contact you about arranging payment.

BOOKING DEADLINE: June 29th 2011

Please book as soon as you can. Places on the workshop are limited and can fill rapidly.

Late bookings

Booking requests made and received after June 29th 2011 cannot be guaranteed and may be declined. If a late booking is accepted, full payment will be required immediately together with an additional late booking fee of £30.

Class Schedule

	BLOCK ONE					BLOCK TWO				
	Fri 29th July	Sat 30th July	Sun 31st July	Mon 1st Aug	Tue 2nd Aug	Wed 3rd Aug	Thu 4th Aug	Fri 5th Aug	Sat 6th Aug	Sun 7th Aug
Morning		9-1	9-1	9-1	9-1		9-1	9-1	9-1	9-1
Afternoon	Registration 4-6	3.30- 6.30	3.30- 6.30			Registration 4-6	3.30- 6.30	3.30- 6.30		
Evening	Welcome meal and class			6.30- 10.15		Welcome meal and class			6.30- 10.15	

The Summer Workshop is divided into two blocks and for maximum benefit, we highly recommend attending the full workshop or at least a whole block. There is a tremendous benefit to be gained by staying for both blocks.

The structure of the workshop allows us to cater to and design classes that are appropriate for beginners, returning Alexander Technique students, and teachers.

This flexibility in class structure and group composition also allows us to accommodate the various lengths of attendance by students, whether they stay for one block or the whole workshop.

Over the years we have found that groups made up of students with different levels of experience is the very best way for every student to develop regardless of each student's standard of accomplishment or background.

For more information contact Fionnuala De Búrca:
ITM Summer Workshop, Flat 1, 58 Gleneagle Road, London, SW16 6AF
Email: itmsummerworkshop@gmail.com
Tel: 07586 340184

www.alexandertechnique-itm.org

Booking Form

Please write clearly

Title	Name(s)
Please write your names as you would like them to appear on your name badge	
Address	
Postcode	
Telephone	
Email	

1 Accommodation required: Standard room En suite room Non-residential

IMPORTANT: If applicable please see notes on accommodation below

Joint bookings only: We would like to share a twin room: Yes No

2 I/We would like to attend: Block One Block Two Whole workshop

Accommodation on
nights of 29 July-1 Aug

Accommodation on
nights of 3-6 Aug

Accommodation on
nights of 29 July-6 Aug

or

I/We would like to arrive on: (day/date) AM PM Evening (please circle)

Accommodation will be provided FROM the night of this date

and depart on: (day/date) AM PM Evening (please circle)

Accommodation will NOT be provided for the night of this date

3 Do you have any special dietary needs?

Vegetarian Vegan Other (please specify)

4 What experience do you have of the Alexander Technique?

If you've had ITM lessons, please let us know here

5 How did you find out about this workshop?

6 Deposit* (£100 per person) I enclose a cheque for £ payable to ITM

*If you cancel your booking, we reserve the right to retain your deposit.

If you are booking from outside the UK, please see details on the Booking Information page.

Please return this form and your deposit to:

**Fionnuala De Búrca, ITM Summer Workshop, Flat 1, 58 Gleneagle Road, London, SW16 6AF
or scan and email the booking form to: itmsummerworkshop@gmail.com**

Important information

This form and the details you have provided may be stored in paper form and/or on computer. This information may be used to contact you about ITM workshops, courses and events in the future. Your details will not be passed to other organisations.

The organisers reserve the right to decline, amend or cancel any booking for this Workshop.