



# Alexander Technique

with Don Weed

ITM Summer Workshop 2010  
6th - 15th August



# Interactive Teaching Method Summer Workshop 2010



The 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 Alexander Technique has been used both to solve problems and to find simpler solutions. This workshop is designed to give participants inspirational guidance and instruction in how to apply the principles and ideas of 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 minds and bodies, 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 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 lessons as well as to ask questions.

An added bonus for 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, 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 new points of view and methods. 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."*

*"Don really cares."*

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

Donald L Weed D.C. 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. His training and practice as a doctor have given him insight and experience into practical 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.

From 1985 to 1991 Don was the Class Co-ordinator for Marjorie Barstow's Summer Workshop in Lincoln, Nebraska on which this workshop is modelled.

## Booking Information

|                                     | RESIDENTIAL<br>Standard room                       | RESIDENTIAL<br>En suite room | NON-RESIDENTIAL                                |
|-------------------------------------|--|------------------------------|--|
|                                     | Price includes tuition, all meals and refreshments |                              | Price includes tuition, lunch and refreshments |
| <b>One block</b>                    | <b>£425</b> (4 nights)                             | <b>£445</b> (4 nights)       | <b>£385</b>                                    |
| Extra days in addition to one block | <b>£105</b> per night                              | <b>£110</b> per night        | <b>£100</b> per day                            |
| <b>Whole workshop</b>               | <b>£830</b> (9 nights)                             | <b>£890</b> (9 nights)       | <b>£760</b>                                    |
| <b>Short stays</b><br>1-3 days      | <b>£125</b> per night                              | <b>£135</b> per night        | <b>£120</b> 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 one month before the workshop begins.

### 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: 5th July 2010

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 5th July 2010 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<br>6th<br>Aug            | Sat<br>7th<br>Aug | Sun<br>8th<br>Aug | Mon<br>9th<br>Aug | Tue<br>10th<br>Aug | Wed<br>11th<br>Aug           | Thu<br>12th<br>Aug | Fri<br>13th<br>Aug | Sat<br>14th<br>Aug | Sun<br>15th<br>Aug |
| <b>Morning</b>   |                              | 9-1               | 9-1               | 9-1               | 9-1                |                              | 9-1                | 9-1                | 9-1                | 9-1                |
| <b>Afternoon</b> | Registration<br>4-6          | 3.30-<br>6.30     | 3.30-<br>6.30     |                   |                    | Registration<br>4-6          | 3.30-<br>6.30      | 3.30-<br>6.30      |                    |                    |
| <b>Evening</b>   | Welcome<br>meal<br>and class |                   |                   | 6.30-<br>10.15    |                    | Welcome<br>meal<br>and class |                    |                    | 6.30-<br>10.15     |                    |

The Summer Workshop is divided into two blocks and we highly recommend stays that include a whole block, although you are welcome to attend for a shorter time. There is also a tremendous benefit to be gained by staying for both blocks.

The structure of the workshop allows us to cater for beginners, people who come for one block, and others doing both blocks who are able to develop their ideas and experiences over the whole ten days.

Over the years we have found that a workshop made up of students with different levels of experience and accomplishment is the very best way for people to develop, whatever their standard.

**For more information contact Oliver Lee:**

**ITM Summer Workshop, Ingrams, School Hill, Cirencester, GLOS GL7 2LS  
01285 885716**

**olee@thinkmovechange.com**

**[www.alexandertechnique-itm.org](http://www.alexandertechnique-itm.org)**

Colour photography: Tom Paice, Gordon Plant

# Booking Form

Please write clearly

|   |         |
|---|---------|
| Title   | Name(s) |
| <input type="text"/>  |         |
| Please write your names as you would like them to appear on your name badge |         |
| Address   |         |
| <input type="text"/>  |         |
| Postcode  |         |
| <input type="text"/>  |         |
| Telephone   |         |
| <input type="text"/>  |         |
| Email   |         |
| <input type="text"/>  |         |

**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 6-9 Aug Accommodation on nights of 11-14 Aug Accommodation on nights of 6-14 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:**

**Oliver Lee, ITM Summer Workshop, Ingrams, School Hill, Cirencester GLOS GL7 2LS**

## 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.