

Alexander Technique

with Don Weed



ITM Summer Workshop 2009
14th - 23rd August

Interactive Teaching Method Summer Workshop 2009



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 to solve problems and 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.

"I'm calmer and nimbler in thought and action - and I think, a nicer person. Thank you Alexander Technique."

"The Alexander Technique has opened up a wonderful new world brimming with life-enhancing possibilities."



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 Alexander Technique, are a student keen to learn more, or are a 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.



"Everyone learning, changing and having fun together makes the ITM summer school something remarkable."

"A precious opportunity to immerse yourself in Alexander's work and to connect with many wonderful people."

"The most fun summer holiday I have ever had."

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



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

"Witty, wise, insightful and compassionate."

"Don's passion motivates and his knowledge encourages."

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 Standard room	RESIDENTIAL En suite room	NON-RESIDENTIAL
	Price includes tuition, all meals and refreshments		Price includes tuition, lunch and refreshments
One block Extra days in addition to one block	£420 (4 nights) £105 per night	£440 (4 nights) £110 per night	£380 £95 per day
Whole workshop	£820 (9 nights)	£880 (9 nights)	£750
Short stays 1-3 days	£125 per night	£135 per night	£115 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.

Booking from outside the UK

If you are booking from outside the UK, you can make your reservation by email and pay by bank transfer. Please include all the information requested on the Booking Form in your email. We can then let you have payment details.

BOOKING DEADLINE: 6th July 2009

To guarantee a place you are advised to book well before this date.

Class Schedule

	BLOCK ONE					BLOCK TWO				
	Fri 14th Aug	Sat 15th Aug	Sun 16th Aug	Mon 17th Aug	Tue 18th Aug	Wed 19th Aug	Thu 20th Aug	Fri 21st Aug	Sat 22nd Aug	Sun 23rd 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- 9.30		Welcome meal and class			6.30- 9.30	

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 that workshops have been run in this format, we have found that a balance of different abilities is the very best way for people to develop, whatever their standard.

For more information contact Oliver Lee:

01285 885716

07597 990050

olee@thinkmovechange.com

www.alexandertechnique-itm.org

Booking Form

Please write clearly

Name(s)
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 14-17 Aug Accommodation on nights of 19-22 Aug Accommodation on nights of 14-22 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?

This information will help us put you in a suitable small group

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

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.