



# Alexander Technique

with Don Weed

**ITM Summer Workshop 2018**

ROYAL AGRICULTURAL UNIVERSITY CIRENCESTER

3rd August - 12th August

# Interactive Teaching Method Summer Workshop 2018

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 University, which is set in the heart of the Cotswold countryside, on the outskirts of the historic town of Cirencester.

Established in 1845, the University has 25 acres of grounds, centred around an attractive Victorian Gothic building and the University 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 University.



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 University 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 university 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.

Don began his professional work as a teacher of the Alexander Technique in 1975. 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.

Don's 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 of chiropractic have given him insight and experience into practical movement mechanics as well as an understanding of our structural needs.

He has created a specialised, modular training cycle focused on processes of personal development for those interested in pursuing a more intensive, directed study of Alexander and his work. The early modules in the training cycle are designed to provide students with all the information and instruction necessary for them to continue to learn this work on their own. The whole of the training cycle serves as a four-year training programme to become a certified teacher of the Interactive Teaching Method for teaching the FM Alexander Technique. In addition, Don runs a four-year training course dedicated to training additional ITM trainers. Graduates from the 2012 trainers' course have now joined Don as trainers in the 2016 ITM training cycle.

## Booking Information

	RESIDENTIAL Standard room	RESIDENTIAL En suite room	NON-RESIDENTIAL
	Price includes tuition, all meals and refreshments		Price includes tuition, lunch and refreshments
<b>One block</b> Extra days in addition to one block	<b>£480</b> (4 nights) <b>£120</b> per night	<b>£515</b> (4 nights) <b>£130</b> per night	<b>£430</b> <b>£110</b> per day
<b>Whole workshop</b>	<b>£895</b> (9 nights)	<b>£980</b> (9 nights)	<b>£850</b>
<b>Short stays</b> 1-3 days	<b>£140</b> per night	<b>£150</b> per night	<b>£120</b> per day

### Accommodation

The accommodation is in single rooms on the university 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. En suite twin rooms may be 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

Your place is reserved once we have received your booking form and deposit payment. **Full payment is required by Tuesday July 3rd.**

**By mail:** Please complete the booking form and return it to the address shown. If you are paying your deposit by cheque, please include it with your booking form. If you wish to pay your deposit by bank transfer we will contact you with payment instructions upon receipt of your booking form.

**Online:** To complete an electronic booking form go to <http://bit.ly/itmbooking>. We will contact you with payment instructions upon receipt of your electronic booking.

**Booking from outside the UK:** We accept payment by £ sterling bank transfer or international bankers draft.

### BOOKING DEADLINE: Tuesday July 3rd 2018.

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

### Late bookings

Booking requests made and received after July 3rd cannot be guaranteed and will be subject to a late booking fee of £30.

## Class Schedule

	BLOCK ONE					BLOCK TWO				
	Fri 3rd Aug	Sat 4th Aug	Sun 5th Aug	Mon 6th Aug	Tue 7th Aug	Wed 8th Aug	Thu 9th Aug	Fri 10th Aug	Sat 11th Aug	Sun 12th Aug
<b>Morning</b>		9-1	9-1	9-1	9-1		9-1	9-1	9-1	9-1
<b>Afternoon</b>	Registration 4-6	3.30- 6.30	3.30- 6.30			Registration 4-6	3.30- 6.30	3.30- 6.30		
<b>Evening</b>	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 Alex Bollag:

**ITM Summer Workshop, 3 The Old Inn Cottages, Kings Weston Road, Kings Weston, Bristol BS11 0UW**

**Email: [itmsummerworkshop@gmail.com](mailto:itmsummerworkshop@gmail.com)**

**Tel: 07816 317086**

**Online booking: <http://bit.ly/itmbooking>**

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

2 I/We would like to attend:

Block One

Accommodation on  
nights of 3-6 Aug

Block Two

Accommodation on  
nights of 8-11 Aug

Whole workshop

Accommodation on  
nights of 3-11 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

Gluten Free

Dairy Free

4 What experience do you have of the Alexander Technique?

If you've had ITM lessons, please let us know how many and with whom

<input type="text"/>
<input type="text"/>

5 How did you find out about this workshop?

<input type="text"/>
----------------------

6 Deposit\* (£100 per person)

I enclose a cheque for £  payable to ITM

or Please contact me with payment instructions to make a bank transfer for £

\* If you cancel before the booking deadline we reserve the right to retain your deposit.

If you cancel after the booking deadline we reserve the right to retain 50% of the full cost.

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

Please return this form and your deposit to:

Alex Bollag, 3 The Old Inn Cottages, Kings Weston Road, Kings Weston, Bristol BS11 0UW  
or complete an electronic booking form at <http://bit.ly/itmbooking>

**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.