

## **Alexander Technique lessons at Abingdon School**

### **What does the Alexander Technique offer?**

The Alexander Technique offers a long-term investment in the development of a healthy and effective life. It is an education in movement and balance, helping the pupil to avoid habitual strain and find greater poise and confidence. Learning more skilful co-ordination of mind and body reduces the symptoms of stress and has a beneficial effect in many areas of life.

### **How Can Alexander Technique Lessons Benefit Musicians?**

The Technique is a particularly valuable tool for musicians as it can help a pupil to have more awareness of the effort they use to play their instrument and it may also help in the prevention of pain. Pupils learn to recognise harmful habits which can interfere with co-ordination, breathing and technique and learn how to apply the A.T. principles to change and improve the way that they 'use' themselves.

Learning to move more freely is invaluable to musicians, and the Technique is taught in music colleges such as the Royal Academy of Music, Royal College of Music and Guildhall School of Music and Drama. It is also taught in some secondary schools such as Eton, Uppingham, Oundle, Magdalen College School and Marlborough College.

The Technique can also be applied to any and everyday activities, such as walking, sitting at a computer, or writing. For anyone experiencing pressure, lessons are a supportive process leading to a greater self-reliance and ease.

### **What happens in a lesson?**

The Alexander teacher uses a light touch and verbal direction to bring about an improved co-ordination. Pupils will be guided through everyday activities such as sitting, walking and standing and once a foundation has been established, pupils work with their instrument.

### **About the Alexander Technique teacher**

Cathie trained at The Constructive Teaching Centre in Holland Park, and has been teaching for eleven years. She has taught at the BBC, Mountview Academy of Theatre Arts in London and has also worked in Austria and Switzerland with the European Union Youth Orchestra during the residency period of their tours. She teaches privately from her Oxfordshire home and has taught in local businesses. Cathie currently teaches at The Dragon School and Magdalen College School.