

# ALEXANDER TECHNIQUE

with Don Weed



ITM Summer Workshop 2020

MAIBACH TAUNUS GERMANY

10th – 14th July

# Interactive Teaching Method Summer Workshop 2020

The ITM Alexander Technique is a powerful tool for change that 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.



*"I left feeling motivated, inspired and ready to take on new challenges."*

*"An overwhelming life-changing experience."*

During this summer workshop over twenty-five 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 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 encountering and interacting with a new point of view.

Whatever your experience, we would be delighted if you joined us.

*"It's great fun staying at the school, there's a wonderful atmosphere and so many friendly people. Even though I was 'new' I felt completely relaxed and included."*



## Workshop Venue



It's in a "Seminarhaus" on the edge of the Taunus hills, about 40 km north of Frankfurt/M. This former rustic hotel is situated on the edge of the quiet and romantic village of Maibach. There are wonderful walks in the surrounding woods and the "Eschbacher Klippen" (an unusual rock formation) is worth a visit.

### To book:

Please email [info@maibacher-schweiz.de](mailto:info@maibacher-schweiz.de) with the subject ITM Summer Workshop. Please include your name, address, room choice, duration of stay and whether you need a receipt.

#### Accommodation per person per night:

Single room	39 €
Double room	29 €
Dormitory (4-7 people)	21 €
Dormitory (4-9 people + shared bathroom)	16 €
Your own tent or camper van	14 €
Extra one off charge for bedding towels	7 €

#### Board per person per day:

Three meals a day, all freshly made organic vegetarian whole food. Coffee tea and fruit included	32 €
Daily rate for those neither staying overnight nor having meals	12 €
No outdoor shoes allowed in the house, please bring slippers!	

### Payment details:

Bank: Volksbank Butzbach  
Account name: Maibacher Schweiz e.V.  
IBAN: DE76 5186 1403 0002 0636 03  
BIC: GENODE51BUT

### Address:

Seminarhaus Maibacher Schweiz  
Alt Maibach 12  
D-35510 Butzbach-Maibach  
Tel: 0049 (0)6081 443517  
Directions:  
<http://maibacher-schweiz.de/maianfahrt.html>

## 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 ITM teachers. Graduates from the 2012 trainers' course have now joined Don as trainers in the 2016 ITM training cycle. The next training course will commence in September 2020.

# Booking Information

	Workshop Fees	Early Bird
<b>Early-Bird Discount</b> (full payment received by 29th May 2020)	€ 450	€ 420
<b>Student Discount*</b> (limited number of concession places available)	€ 395	€ 375
<b>Short Stays</b>	€ 60 per block**	€ 56 per block**

\* There are a limited number of student concessions available for full-time students. Please apply early if you wish to be considered. Applicants must state their college and course on the Booking Form.

\*\* One block comprises of a morning, afternoon or evening session. (For example, if you attend one morning and one afternoon session the price will be €120).

## Accommodation

See on the inside under Workshop Venue.

## Booking

Your place is reserved once we have received your booking form and deposit payment.

Full payment is required by **Friday 26th June 2020**.

## Cancellation Policy

If you cancel your booking after 5th June 2020, we will retain your deposit of € 200.

Please transfer the money to the following account:

Christina Meier, IBAN: DE02 5505 0120 1025 1160 60, BIC: MALADE51MNZ, Sparkasse Mainz

Note: Sommer-Workshop 2020 + **your name!!!**

Booking from outside Germany: We accept payment by euro bank transfer.

## Full payment is required by 26th June 2020

Please note the 'early-bird' discount is valid only if full payment is received by 29th May 2020.

# Class Schedule

	Friday 10th July	Saturday 11th July	Sunday 12th July	Monday 13th July	Tuesday 14th July
Morning		9:00 - 13:00	9:00 - 13:00	9:00 - 13:00	9:00 - 13:00
Afternoon	Registration 16:30 - 18:30	15:30 - 18:30	15:30 - 18:30		
Evening	18:30 - 21:30			Scheduled Performance Time 18:30 - 22:15	

## Class Schedule

The structure of this Summer Workshop allows us to cater for 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 you stay for one or two days, or the whole workshop. We highly recommend attending the full workshop as there is a tremendous benefit to be gained.

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 Christina Meier  
ITM Germany Summer Workshop,  
Christina Meier, Fuchshohl 22, D-60431 Frankfurt  
Email: [denkinbewegung@gmx.de](mailto:denkinbewegung@gmx.de)  
Mobile: +49 163 1484794

Online booking: <https://www.itmalexandertechnique.org/germany-summer-workshops>  
[www.itmalexandertechnique.org](http://www.itmalexandertechnique.org) and [www.at-itm.de](http://www.at-itm.de)

Photography: Johanna Hillmann & Stefan Welsch.



# Booking Form

Title \_\_\_\_\_ Name (s) \_\_\_\_\_  
(Please write your name as you would like them to appear on your name badge)

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

E-Mail \_\_\_\_\_

Name of college and course if student \_\_\_\_\_

If you are applying for one of the student concessions, please give details of your studies above (full-time students only).

## Accommodation

In seminar house \_\_\_\_\_

**Do you have prior experience of the Alexander Technique?** \_\_\_\_\_

If you have had lessons, please let us know how many and with whom? \_\_\_\_\_

**How did you find out about this workshop?** \_\_\_\_\_

I have transferred ..... EUR as workshop fee to the following account:

Christina Meier, IBAN: DE02 5505 0120 1025 1160 60, BIC: MALADE51MNZ, Sparkasse Mainz

(Deposit: €200 per Person\*)

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

Please return this form and your deposit to: Christina Meier, Fuchshohl 22, D-60431 Frankfurt

Alternative: book online at <https://www.itmalexandertechnique.org/germany-summer-workshops>

Important information: This form and the details you have provided may be stored in paper form and/or digitally. This information may be used to contact you about ITM workshops, courses and events in the future. Your details will not be passed to any third parties. The organisers reserve the right to decline, amend or cancel any booking for this workshop.