

ALEXANDER TECHNIQUE

with Don Weed



ITM Summer Workshop 2018

DARMSTADT GERMANY

29th June – 3rd July

Interactive Teaching Method Summer Workshop 2018

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 new points of view. Whatever your experience, we would be delighted if you joined us.



"Now, I would never wish to return to the self-imposed limitations I lived with before."

"I have never laughed so much in my whole life."

Workshop Venue

The ITM Summer Workshop in Germany will be held at the "Freie Waldorfschule Darmstadt Eberstadt" (Arndtstr.6).

Darmstadt can be easily accessed from around the world via Frankfurt Airport (Flughafen Frankfurt am Main) which is located 20 km (12 miles) from central Darmstadt and connected to it via Autobahn 5, S-Bahn, several bus lines and a direct express bus-link ("Airliner").

Darmstadt is a city in the Bundesland (federal state) Hessen in Germany, located in the southern part of the Rhine-Main-Area (Frankfurt Metropolitan Region). Darmstadt holds the official title "Wissenschaftsstadt" (City of Science) as it is a major centre of scientific institutions, universities and high technology companies.

Darmstadt also has a large tertiary education sector, with three major universities and numerous associated institutions.



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

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 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 trainers. Graduates from the 2012 trainers' course have now joined Don as trainers in the 2016 ITM training cycle.

Booking Information

Early-Bird Discount (full payment received by 18th May 2018)	Workshop Fees €450	Early Bird €420
Student Discount** (limited number of concession places available)	€395	€375
Short Stays	€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

We have the use of some of the classrooms at the school for sleeping accommodation. The accommodation is shared and you will need to bring your own mattress and bedding. There are hot showers at the school and there is a supermarket, cafe's and restaurants all within a 5 minute walk from the school.

There is no internet access or laundry.

Booking

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

Full payment is required by **Friday 15th June 2018**.

Cancellation Policy

If you cancel your booking after 1st June 2018, we will retain your deposit of € 200.

Please transfer the money to the following account:

Stefan Welsch, IBAN: DE 38 57351030 0180236259 BIC: MALADE 51 AKI

Note: Sommer-Workshop 2018 + **your name!!!**

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

Full payment is required by 15th June 2018.

Please note the 'early-bird' discount is valid only if full payment is received by 18th May 2018.

Class Schedule

	Friday 29th June	Saturday 30th June	Sunday 1st July	Monday 2nd July	Tuesday 3rd July
Morning		9:00 - 13:00	9:00 - 13:00	9:00 - 13:00	9:00 - 13:00
Afternoon	16:30 - 18:30 Registration	15:30 - 18:30	15:30 - 18:30		
Evening	18:30 - 21.30			Scheduled Performance Time 6:30 - 10:15	

Class Schedule

The structure of this Summer 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 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 Stefan Welsch

ITM Germany Summer Workshop,

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English Contact: Lisa Venables

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Online booking: <http://www.alexandertechnique-itm.org/sw-booking-de>

www.alexandertechnique-itm.org and www.at-itm.de

Photography: Johanna Hillmann & Stefan Welsch.

Booking Form

Title _____ Name(s) _____

(Please write your names as you would like them to appear on your name badge)

Address _____

Telephone _____

Email _____

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

Non-residential _____ Residential _____

The sleeping accommodation is shared in 2/3 classrooms at the school. You will need to bring your own mattress and bedding.

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 transferredEUR as workshop fee to the following account:

Stefan Welsch, IBAN: DE 38 57351030 0180236259 BIC: MALADE 51 AKI

(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: Stefan Welsch, Elgendorfer Str. 3, D-56410 Montabaur
Alternative: book online at <http://www.alexandertechnique-itm.org/sw-booking-de>

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.