

Alexander Technique



ITM Summer Workshop 2023
21th-25th July in Fulda

Interactive Teaching Method Summer Workshop 2023

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 well-being in everyday tasks, as well as in more specialised activities, such as music, dancing or sport. From its very beginning in the early 20th century, the Alexander Technique has been used both to solve problems and to help us find simpler solutions than we are already using.

In this workshop, the participants will be given instruction and guidance for putting Alexander's principles and ideas into practice.

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. At the same time, there will be plenty of freedom and inspiration for a personal, individual learning process. We can learn more about ourselves as well as about the natural laws which govern all kinds of movement. By means of this method, we can use our time and energy more effectively and open up opportunities to fulfil our potential and reach our dreams.

"I've changed in all areas of my life, even ones where I thought I couldn't change myself. My first workshop was just the beginning."



Three trainers, Christina Meier, Adrian Bourner and Stefan Welsch, will lead the 2023 Summer Workshop and will be supported by a team of ITM teachers.



During the Summer Workshop, teaching will be offered both in the big group as well as in smaller, more personal groups. This gives the participants many opportunities to experience other people's lessons actively, to ask questions and to deepen their own learning process.

In addition, being together with a group of people who are all interested in Alexander and his discoveries is a catalyst to participants' individual learning.

The workshop is open to everyone, 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 or continue the challenge of encountering and interacting with new points of view.

Whatever your experience, we would be delighted if you come and join us.

"Learning the Alexander Technique was one of the best things I've ever done. I was particularly surprised by how much I could learn by interacting with others during the breaks."



Don Weed & ITM

"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."



Donald L. Weed, D.C.
(1950-2022)

Dr. Donald L. Weed studied the Alexander Technique with Marjorie Barstow, one of Alexander's students, from 1971-1973 and with a number of other teachers, first and foremost Margaret Goldie and Frank Pierce Jones. All of these teachers studied with F.M. Alexander himself.

Don's professional work as a teacher of the Alexander Technique began in 1975. He developed a unique approach to teaching Alexander's work by combining his findings, derived from in-depth study of Alexander's books, with his extensive knowledge of anatomy, modern educational theories and personal development.

In 1993 Don founded the Interactive Teaching Method (ITM) with the purpose of training teachers in this extraordinary approach to teaching the Alexander Technique. Today, ITM is an international network of certified teachers whose purpose it is to teach Alexander's work for continuous selfimprovement and personal development. In addition, Don developed a specialised, four-year modular training cycle. The early modules provide students with the information necessary for them to learn Alexander's work on their own. In this training cycle, the focus lies on each individual course participant's further development and is particularly suitable for those who wish to intensify their studies of Alexander's work.

As well as the four-year training cycle to become a certified ITM teacher of the Alexander Technique, from 2012 until his death, Don taught an Advanced Teachers' Training Course for certified ITM teachers. The ITM trainers who have successfully completed this course are now responsible for the continued training of ITM teachers. Furthermore, in future, ITM trainers will run all the ITM Summer Workshops.

Workshop Venue



The ITM Summer Workshop will take place in the Priesterseminar (Priests' Seminary) in the beautiful baroque town of Fulda. Geographically, Fulda is in the centre of Germany between Kassel and Frankfurt. The city has excellent road and rail connections.

The foundation stone for the city of Fulda and the settlement of the region was laid in 744, when Sturmius founded the Benedictine monastery of Fulda on behalf of the Anglo-Saxon missionary Boniface. But it is not only the Christian faith that shapes the history of the city, but also the architecture of the Baroque period. Thus, around the cathedral, orangery and city palace, Fulda has the largest contiguous baroque district in Germany and attracts more than 300,000 tourists annually.

The Priesterseminar is located in the middle of the city, 15 minutes' walk through the park 'Schlossgarten' from the ICE (Intercity Express) Railway Station. Go out of the Intercity Railway Station and turn right into Bahnhofstrasse, go straight on into Kürfürstenstrasse, then turn left into the Schlossgarten. Nearby you can find the recreation area called 'Fuldaaue' and the open-air swimming pool 'Rosenau'.

Address:

Bischöfliches Priesterseminar Fulda
Eduard-Schick-Platz 5
36037 Fulda



Information about registration & accommodation

	Workshop Fees	Early Bird
If you register by 5th June 2023, you will be given an Early Bird discount.	480 €	450 €
Course fee concessions for school pupils and students	420 €	400 €
Short-term visitors per block**	70 € per block**	60 € per block**

The course fee includes 19% VAT.

Please note: Accommodation and meals are not included in the course fee and will be dealt with directly with you by the administration of the Priesterseminar.

* There are a limited number of student concessions available for full-time school pupils and 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, an afternoon or an evening session. (For example, if you attend one morning and one afternoon session the price will be € 140).

Registration & cancellation policy

Your registration will be valid after paying a deposit of € 250. The whole course fee must be paid by 19th June 2023 at the latest. If you have to cancel your booking after 19th June 2023, we reserve the right to withhold € 250.

The Early Bird discount only applies if the complete fee is received by 5th June 2023.

Please note: Online Reservation only

<http://at-itm.de/21-25-juli-2023-itm-sommerworkshop-in-fulda/> or

<https://www.itmalexandertechnique.org/germany-summer-workshops>

Bank transfer to:

Stefan Welsch, IBAN: DE38 5735 1030 0180 2362 59, BIC: MALADE51AKI, Sparkasse Westerwald-Sieg

Designated use: Summer Workshop 2022 + your name

Transfer of the total or the remaining amount, whichever applies, is required by 19th June 2023 at the latest.

Accommodation

You can book accommodation in the Priesterseminar Fulda (Tarif 1: accommodation and all meals) and otherwise, Tarif 2 (one meal & tea/coffee/cake, no B&B) will apply.

Prices Accommodation/meals

Tarif 1: Full board (Bed & Breakfast, lunch and dinner)	Tarif 2: One meal & tea/coffee/cake (no B&B)
Per night	Per day
Single room (adult) 85 €	Adults and children 26–30 €
Tea/coffee/cake 10–20 €	
total 95–105 €	
Single room (child under 18) 39 €	
Tea/coffee/cake 10–20 €	
total 49–59 €	
For the duration of the whole workshop	For the duration of the whole workshop
Single room (adult) 340 €	Adults and children 138 €
Tea/coffee/cake 70 €	
total 410 €	
Single room (child under 18) 156 €	
Tea/coffee/cake 70 €	
total 226 €	

When you book, please tell us which tarif you would like, because we will book this for you. However, accommodation and meals are not included in the course fee and will be dealt with directly with you by the administration of the Priesterseminar.

Address:
Bischöfliches Priesterseminar Fulda
Eduard-Schick-Platz 5
36037 Fulda
Phone: +49 661 87230
www.priesterseminar-fulda.de

Class Schedule

	Friday 21nd July	Saturday 22nd July	Sunday 23rd July	Monday 24th July	Tuesday 25th 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	6pm Orientation 7pm Welcome dinner 8pm Class			Scheduled Performance Time 18:30 - 22:15	

The lessons will take place in German or English, depending on the needs and language ability of the participants and teachers.

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 for the duration of 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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Mobile: +49 172 77 19 348

Online Reservation:

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<https://www.itmalexandertechnique.org/germany-summer-workshops>



Photos: Raphael Bogen, Dietrich Skrock, Stefan Welsch, Tourismus Fulda (tourismus-fulda.de)