

## Alexander Technique Courses at Blair

Do you experience tension while playing?

Are you worried about your posture?

Would you like to address pain from playing and performing?

Do performances make you so anxious/nervous that it is difficult to control?

Do you want to improve your practice skills and become more aware when practicing?

Come see how the Alexander Technique can help and enroll in the course today! I look forward to having you in class!

### **Alexander Technique I – MWEL 1120**

### **Alexander Technique II – MWEL 1121**

#### **Course Description:**

Each course will consider the principles of the Alexander Technique as applied to everyday life and performance. Explorations in Body Mapping and the techniques developed by F.M. Alexander will aid in obtaining an accurate and heightened kinesthetic sense. Students will gain new perspectives on how to engage in daily activities without strain or injury; thereby, enhancing all activities.

Alexander Technique I provides an introduction to the anatomical information about the body in movement (Body Mapping) within the principles of the Alexander Technique, which will help to play/sing without pain, tension, or injury.

Prerequisites: none

Alexander Technique II will deepen the understanding of the principles of the Alexander Technique and Body Mapping with personal attention to the needs and interests of each student.

Prerequisite: MWEL 1120

Both courses will have space for students to gain new perspectives through self-discovery, observation awareness of practice and performance habits, and develop meaningful ways to apply the Alexander Technique in their day to day lives.

### **The Performer and the Body – MWEL 2120**

#### **Course Description:**

This course will consider the principles of the Alexander Technique as applied to aspects of musical performance, including practice skills and performance anxiety. Students will expand their understanding of the universal whole and body-mind unit and continue explorations in Body Mapping and the techniques developed by F.M. Alexander.

Every class will allow for at least two students to perform and receive a masterclass style teaching experience with peer-group feedback. The overall class structure and projects are tailored to the interests and needs of the students enrolled in the course.

Prerequisite: MWEL 1120

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