



COURSES IN SOUTH-WEST FRANCE
ALEXANDER TECHNIQUE

with Chloë Stallibrass

Sunday 25th June – Sunday 2nd July 2006



WHAT IS THE ALEXANDER TECHNIQUE?

In Alexander Technique lessons you practice a set of thinking strategies that enable you to improve your posture and balance. The strategies give you greater energy and improve your co-ordination. Although it is used by athletes, you do not need to be strong. Most people initially decide to learn the Alexander Technique to help with muscle and joint pain, particularly back pain, neck pain, head-ache, and shoulder pain. But by improving your overall balance and use you are likely to improve the way you walk, run, swim, stand, sit, dance and undertake every kind of activity.

The Technique is also used to regain strength and range of movement after accidents, surgery or long periods of pain.

Improving your posture tends to improve the functioning of your internal organs by relieving them of pressure from unnecessary muscle tension. You are likely to breathe more freely and to feel calmer, to be alert and focused with less strain.

Like learning to ride a bicycle, the mental skills are with you for life.

IS THE COURSE DESIGNED FOR YOU?

This course is suitable for everyone, both beginners and those with experience. The course is carefully designed to cover a wide spectrum of aspects but the nature of learning the Alexander Technique is so individual that no-one would feel awkward if they missed the odd session because they preferred to do something else, like go to a local market!

WHAT YOU CAN EXPECT FROM THIS COURSE

The delightful surroundings at Bétou give you space and encouragement to practise between classes while you enjoy your holiday environment. But the course is also designed for those who have come primarily to unwind and recuperate from stressful lives. Both approaches are valuable and I plan to provide the resources for both.

Everyone can expect to:

- Feel better physically and emotionally
- Learn more about how to manage stress
- Understand more about how your body moves – the joints especially
- Experience how your conscious thought influences how you move and relate to your surroundings

THE PATTERN OF THE WEEK

Sunday evening: Welcome, settling in and supper.

Monday-Saturday:

Two group sessions each day, probably at 11.00 am and at 5.00 pm.

Opening session on Monday at 11.00 am in the Play Barn.

Sunday: Breakfast and departure.

HOW EFFECTIVE ARE GROUP CLASSES?

The Alexander Technique is most commonly taught one to one in private lessons, especially in Europe, but group classes are growing in popularity. During one to one lessons teachers use their hands as well as their eyes to get feedback from the student and to support the student. My experience is that there are many advantages to learning in groups but that a minimum of ‘hands on’ contact is also useful. Hence group size will be restricted to 6-8 people.

The Course is stand-alone and there is no need to have any additional work with me to benefit fully. But the freedom exists to add a private lesson should you want one for a particular reason. (£25 for half an hour).

COST

TOTAL COST of tuition,, full board and accommodation is between **£550 - £775** per person according to the cost of the accommodation element which varies according to convenience and spaciousness. No extra cost for single occupancy.

ABOUT THE TUTOR

Chloë Stallibrass MA (Oxon), PhD (LSE),
Member of the Society of Teachers of the Alexander Technique

Chloë has been teaching the Technique for 14 years: in private lessons, in groups, on teacher training courses, introductory workshops and in workplaces. She has given specialist workshops in the UK and Europe. As a fellow of the Institute of Swimming Teachers and Coaches 1996-9, she also applies the Alexander Technique to swimming. She has been an Associate Research Fellow, in the School of Integrated Health, at the University of Westminster, since 1998.

She continues to broaden her understanding of the Alexander Technique and how it relates to a range of subjects; most recently natural vision, child birth, Parkinson's disease, learning theories and developmental reflexes.

Her aim is to make learning fun and applicable to everyday life. She delights in responding to every student with their individual perspectives and interests.



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