



“After a few sessions I feel on the whole lighter, more flexible and released. A lot of my pain and symptoms are gone. My breathing is flowing more regularly and my eyes are livelier.

What I especially appreciate about the lessons is the individual care and the patient awareness for my personal habits. I have tried for many years so many different things but never ever has anyone pointed out to me my habitual patterns in such a way, and at the same time given me an instrument with which I myself can continue to work.”

Gabriela U. (Hamburg)

“ I begin to realise just how interesting it is to look after my own body use – and I can play the saxophone for longer now with less effort:“

Tobias K. (Zürich)

**F.M. ALEXANDER TECHNIQUE
in
A CONTEXT OF QUIETNESS**

2009

at

**BRAZIERS PARK
Ipsden, Wallingford, Oxon.**



**Led by Robin John & Béatrice
Simmons SVLAT MSTAT**

OCTOBER 16th-18th

THE F.M.ALEXANDER TECHNIQUE IN A
CONTEXT OF QUIETNESS 2009
October. 16th-18th

I am very much looking forward to our annual weekend this time at a new location **Braziers Park** in Oxfordshire. As usual it will run from Friday evening until Sunday afternoon. We will continue with the tradition of starting each day with a quiet period preceded by some T'ai Chi.

Béatrice will be coming again this year so she and I will run the weekend together. We have been expanding our activities in Saas-Fee where we recently gave presentations to the local Rotary Club & to the 5 Star Hotel here.

The programme will include both group work and individual sessions and I can guarantee it will continue to reflect our ever deepening development and understanding of the experience of the Alexander Technique each year brings. So (as usual) it will be new again!

The weekend will once again be suitable both for those with experience of the Technique and also for those with little or no experience of it. We are confident that everyone will benefit and enjoy the workshop.

..." I have found I can sleep through the night which is something I have been unable to do for 3 years. I now regularly have deep restful sleeps. My posture has noticeably improved."
Lindsey E. (Zürich)

"I am perfectly pain free and very glad to have been able to experience and learn the wonderful way of the Alexander Technique. I continue to use it and now couldn't imagine a day without incorporating it as much as I can into my daily life.
Leigh B. (Zürich)

Alexander called his Technique "The Use of the Self". Walter Carrington tells us that what Alexander meant by the Self was: "...mind, body, spirit, soul and anything else you like, (and) all the things you haven't thought of as well".

You can learn to make the most of yourSelf at all times – and additionally resolve many health issues. Backache and other body ills, breathing troubles and general movement restrictions can be mitigated or even resolved.

We are confident that our new location for this year will prove to be a big success. You can look at their website at www.braziers.org.uk We will have the house and grounds to ourselves so we will have greater focus on deepening our awareness and value of the Alexander Technique.

(One of our previous participants in these weekend workshops is now in training to become a teacher of the Technique!)

Check out our websites related to our Swiss holiday offers at our chalet in the Alps at www.saasfeeapartment.com and www.attaraduftparadies.com

BOOKING FORM
ALEXANDER TECHNIQUE WEEKEND
Braziers Park, Wallingford
16th-18th Oct. 2009

NAME.....
ADDRESS.....

TELEPHONE(S).....

Email:.....
I/WE require a double/single room/single room plus willing to share (**cross out as appropriate**)
DIETRY REQUIREMENTS (**Please put number of people against entry e.g. x2**)
Vegetarian.....Meat.....
Other.....

I agree to remit a non-refundable deposit of **£50.00 per person** of £.....**BY JULY 1st 2009** to UK a/c 40-47-86 80374865. Please make all cheques payable to ROBIN SIMMONS
Signed:.....

Send the top half of this form to:

**R. Simmons, Bergaster,
CH-3906 Saas-Fee, Switzerland**
The full fee for a Single Room is £219.00 and for a Double Room @ £189.00 per person to include all accommodation, food and tuition. Camping fee is £143.00. (N.B. UK bank a/c 40-47-86 80374865) Further information will be sent later. **(Our telephone 0041-78-602-2853)** Our email address for any questions is info@myalexander-technik.com