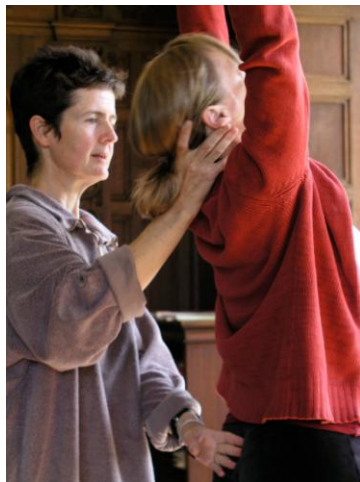


Lucia Walker

Lucia qualified as an AT teacher in 1987 after training in Oxford with Dick and Elisabeth Walker. She came to the technique from a passion for movement and for communication. Since then she has taught individuals, groups and on teacher training courses in Europe, America and Japan. For 6 years she assisted Elisabeth Walker on the Alexander Teacher Training Course, Oxford. She has presented at 5 of the International Congresses and was one of the directors of the centenary Congress in Oxford 2004.

She was introduced to Contact Improvisation in 1985, (studying with Steve Paxton, Nancy Stark Smith, Julyen Hamilton and Kirstie Simson.) and has been learning, teaching and practising the form since then. She worked for many years with Jointwork Dance Group exploring improvised performance and continued this research with Telling Times International Theatre project. She is also involved in performance collaborations with other artists and dancers.



Learning and teaching Alexander Technique has been supported both by other movement work and, since 1997, by the study and practise of NVC (nonviolent communication). Like AT, NVC is a practical model which helps us observe and understand patterns of reaction, and take the time to choose a different way. It particularly supports the intention to listen more deeply and to connect compassionately with one-self and others. She also continues to work as an independent dance teacher and performer specialising in improvisation.

In both Alexander work and dance she has a particular interest in Vision and how the way we see affects use and movement.

Current projects involve a collaboration with neuroscientist, theatre director and filmmaker researching the sensory and movement abilities of people with neurological impairment.

In teaching Lucia likes to use games, discussion, touch, stillness and activity to explore Alexander's principles in ways that are relevant and enjoyable. She loves the way Alexander work supports the ability to find greater wholeness and confidence in our lives.

Read her article *Towards a unified field of attention or "Playing with Principles"* [here](#).

