

SCHOOL FOR F.M. ALEXANDER STUDIES NEWSLETTER TERM 3

13th June 2017

Dates for term 3

- Monday 24th July: First Day
- Friday 22 September: Last Day
- No public holidays this term

Term starts – Monday

Book Sessions

- Wednesday 26th July - Use of the Self Chapter 1: Evolution of a Technique
- Wednesday 2nd August -Use of the Self Chapter 2 – Use and Functioning in Relation to Reaction
- Wednesday 16th August - Use of the Self: Chapter 3 – The Golfer who cannot keep his eye on the ball
- Wednesday 23rd August - Use of the Self – Chapter 4 – The Stutterer
- Monday 11th September New Technique-Use of the Self – Chapter 5: Diagnosis and Medical Training
- Monday 18th September– Universal Constant in Living – Chapter 8 – An Osteopaths Idea of a

Other sessions

- Monday 7th August - Cars. We will look at people sitting in their cars. If you wish to participate in this, then bring your car in on that day.
- **Activities sessions** Tuesday 15th & 22nd August -. Be ready to explore an activity apart from our normal AT ones on this day. Bring in whatever you need. There was a suggestion at the director/student meeting last term to look at some other movement disciplines. *You should decide what you want to look at before the day - not on the day.*
- **Communication with different practitioners - Assessment 66** - Session 1 Wednesday 30th August & Session 2 Wednesday 13th September. (a copy of this assessment is in the student Dropbox and will also be emailed out with this newsletter.)
This is for students in the second and third years of the course.

Book Reading assignment

Outline the steps Alexander went through in the process he outlines in “Use of the Self” Chapter 1
This assignment is due by Monday July 24th

The answer should run from one to two pages

- Writing will be in a MS Word or pdf document
- Any direct quotes will be put in inverted commas and referenced
- Writing will indicate a high level of understanding of the reading and a sophisticated level of analysis and judgment.

Visiting Teachers

- Cathy Madden will be at the school from Tuesday 8 -Thursday 10 August. **If you come to the evening class you may wish to change on this day, as Cathy will be at the daytime class.**
- Cathy will be running a weekend workshop 12 & 13 August
- Pedro de Alcantara will be here in term 4 - Monday 13th - Wednesday 15th November. He will be running two workshops on the weekend of 11th & 12th November
- Jeremy Chance will be here for a single session on Wednesday 29th November

Body Mapping

- Monday 24th July – Session One
- Monday 31st July – Session Two
- Monday 21st August – Session Three
- Monday 28th August – Session Four
- Monday 4th September – Session Five

Body Mapping in term four is scheduled for the following dates. which are also Mondays

- October 16, 23, 30, November 20, 27

Student Clinic

In term three student clinic will be on Wednesday at 1pm and on Friday at noon.

Over the school break

It's quite a long school break and some of you have suggested making some times to meet up at the school to review the work. A few of you have a key to the school so I'll get you to work that out yourselves. The big room will be mostly free except for Monday to Wednesday evenings, Saturday morning and for the lunchtime yoga.

Please make sure to keep an eye on the overall state of the school and make sure that it is quite tidy when you leave.

Yoga classes

Yoga classes will continue over the break with Teresa and Jana teaching them. Go [here](#) for a full list of those classes

Massage with Pedro

Pedro will be in here over the break offering special price massages - \$50 for one hour.

Phone him on 0450 241759

Working with vision for teachers

Some of you are familiar with the book by Norman Doidge, "The Brain's Way of Healing." In it he recounts the case of David Weller.

I have download MP3 files of 7 lessons which he ran in New York and we will go through these over seven weeks on a Thursday from 1.30 - 2.30pm. **This will be followed a short discussion and a hands on group for teachers till 3.30pm. Bookings are essential for this**, and depending on the number of teachers wishing to come there may also be room for trainees to attend. (We will be a bit limited for space as people will need to lie on the floor)

Suddenly in 1996, at the age of 43, David Weller lost his eyesight, due to a severe eye condition (uveitis), and was declared legally blind. Remarkably, he regained much of his vision by working with the practical principles of The Feldenkrais Method. Based on his own healing experience, he has been teaching Seeing Clearly© workshops around the world.

Recorded at the Feldenkrais Institute of New York, the Awareness Through Movement lessons taught in this workshop provide fundamental steps for healing the eyes, improving vision, and seeing more clearly. With continued use of these recorded lessons you will find that the transformational effects of these recorded lessons will continue to build in deeper and more profound ways.

The initial dates for this are:

August 3, August 17, September 7, September 14.

Advance Notice for 2018 classes on current science and the Alexander Technique with Tim Cacciatore and Patrick Johnson

This series of six classes on current science and the Alexander Technique will be part of the course. As Tim and Patrick Johnson will be running these classes by Skype from the UK we can't schedule these during normal school hours. They will therefore be held from 6 - 8pm on Friday evenings.

Please put the following dates in your diary: 2 February, 16 February, 2 March, 20 April, 18 May, 15 June

These classes will also be open to Alexander teachers and interested members of the public.

Here is a link through to a course which they ran at the Constructive Teaching Centre:

<https://www.wrike.com/workspace.htm#path=mywork&t=89543155>