

"The food and wine at the Tuscany course are superb!"

HENRY F. KLEIN
INTERNATIONAL FOOD
CONNOISSEUR



"The Alexander Technique is not a method of accumulating information nor the art of learning something new. It is, instead, the art of unlearning, which is much more subtle and, sometimes, a more difficult endeavor – unlearning that which is habitual instead of natural – letting go of old patterns and of those repetitious opinions arrived at in times and circumstances totally different from those of the present."

LAURA HUXLEY
AUTHOR, EDUCATOR, HUMANITARIAN

THE ALEXANDER TECHNIQUE THE 30TH ANNUAL WORKSHOPS

WHAT IS THE ALEXANDER TECHNIQUE?

The Alexander Technique offers a clear, systematic look into the underlying principles that govern human movement.

When applied, these principles guide us to a dynamic experience of kinesthetic lightness, wherein thinking becomes clearer, feelings balanced, sensations livelier, and movement more pleasurable.

Within this integrated, more conscious condition, we find our actions strengthened and refined, our sense of time expanded, and our rapport with the environment restored.

WHAT IT CAN DO FOR YOU

- Reduce tension and stress in everyday activities (walking, cooking, sitting at a computer, driving a car)
- Deepen awareness in specialized activities such as Yoga, Pilates, and Martial Arts
- Enhance presentation skills by overcoming fear and stage fright
- Improve skills in sports (golf, tennis, running, swimming) and performing arts (dancing, singing, playing a musical instrument, acting)
- Learn to relieve chronic pain from lower back syndrome, neck and shoulder tension, runner's knee, tennis elbow
- Prevent future injuries
- Improve posture, coordination, and self-awareness
- Increase energy and mental clarity

PROGRAMS DESIGNED TO MEET YOUR INDIVIDUAL LEVEL

- New students build a practical foundation in the Alexander Technique
- Experienced students deepen their Alexander studies and understanding of this psycho-physical work
- Alexander teacher trainees compliment their training with an international mix of qualified teacher trainers
- Alexander teachers enjoy advanced training in master classes taught by Senior Teachers

WHO STUDIES THE ALEXANDER TECHNIQUE?

- Anyone who has physical or emotional discomfort due to stress, postural habits, movement problems, old injuries, or poor self-esteem
- Performing artists
- Athletes and martial artists
- Voice and movement educators
- Psychologists and physical therapists
- Public speakers and business professionals
- Horse riders of all levels and forms



THE ALEXANDER TECHNIQUE WORKSHOPS-INTERNATIONAL

The Alexander Technique Workshops-International are open to anyone who wants the opportunity to work with a variety of highly skilled Alexander Technique teachers in a community setting. The faculty is an ensemble of experienced teachers and long term friends. This marks our 30th year of working together!

Our workshops have proven to be an excellent introduction to anyone new to the technique. People currently studying will find the support they need to clarify and deepen their work. Some of our participants are considering becoming teachers of the Alexander Technique and have an opportunity to meet and to work with teachers from several training courses and Alexander teaching traditions; some are enrolled in teacher-training programs; and some are practicing teachers returning to study with friends and Master Teachers. All come to be inspired and refreshed.

Our aim is to create an intensive Alexander Technique learning experience. All courses offer practical, in-depth study. The study includes several individual Alexander lessons with Master Teachers, a small daily homeroom group in which you work closely with one teacher for the whole week, and a variety of afternoon classes and activities. Optional classes will be offered in related studies such as Alexander Technique in Daily Activities, Yoga, Sports Skills, Relaxation, Authentic Movement, Voice, and Performance Skills. All classes will be taught by certified Alexander teachers.



JOHN NICHOLLS

SWEET BRIAR
John trained in London from 1973 to 1976 with Walter and Dilys Carrington, and stayed for eleven years, assisting the Carringtons daily on their teacher training course. He has subsequently directed Alexander teacher training programs in Australia and England. His book, *The Alexander Technique: In Conversation with John Nicholls and Sean Carey*, was published in 1991. For over fifteen years, John has run post-graduate classes for teachers and seminars for the public in the US, Europe, and Australia. In January 2005, he moved to New York City where he is currently Director of teacher training at AT-NYC.

LUCIA WALKER

SWEET BRIAR
Lucia lives in Oxford, England but trains and teaches internationally. Since qualifying as an Alexander Technique teacher in 1987, Lucia has taught individuals, groups, and on teacher training courses in Europe, Japan, and the US. She continues to work as an independent dance teacher and performer specializing in improvisation.

MARTHA HANSEN FERTMAN

SWEET BRIAR
Martha has taught the Alexander Technique for over thirty years. In 1983 she co-founded an innovative teacher training program that has evolved into the Alexander Alliance, an international consortium of Alexander teacher training. Martha comes to the Alexander Technique through a broad base of movement studies from dance to Tai Chi Chuan and Authentic Movement. Her Alexander Teacher training includes a 10-year apprenticeship with Marjorie Barstow as well as studies with Catherine Wielopolska and Elisabeth Walker, all first generation teachers.

ROSA LUISA ROSSI

TUSCANY
Since 1986 Rosa Luisa has taught the Alexander Technique individually and in groups for universities and large corporations around the world. Her interest is to develop a teaching style that allows a quality of being, seeing and moving in combining the Alexander Technique with Dr. Bates' vision work. This combination helps to naturally improve eye sight and to reduce or even eliminate our need for glasses. Her teaching expertise draws from numerous workshops in Europe, the US and especially Japan. Rosa Luisa leads workshops fluently in German, English, Italian and French.

DOMINIQUE JACQUES

MALIBU
Dominique Jacques, M.A. Psychology, trained with Walter Carrington and was certified in 1976. She has taught the Alexander Technique in Europe, Australia where she also trained Alexander teachers and the United States. She practices in Palo Alto, Berkeley and San Diego. Dominique brings her life long interest in personal development to her teaching skills, drawing upon her background as a psychotherapist, and a yoga and meditation practitioner. When needed, she integrates in her lessons powerful elements of voice and breathing work.

*Due to rare unforeseen circumstances, the faculty may occasionally change

SWEET BRIAR - TUSCANY - MALIBU ALEXANDER TEACHING STAFF 2009*

LYN CHARLSEN

SWEET BRIAR - TUSCANY - MALIBU
Lyn is Director for the Alexander Training Institute, Los Angeles. Former Alexander Technique teacher for the University of Southern California School of Theatre, USC Music School/Opera Division, and at California State University. An Alexander Technique teacher for over 30 years, Lyn practices in Van Nuys and Santa Monica, California.

CAROL BOGGS

SWEET BRIAR
Carol is an Alexander Teacher, Dancer, Laban Movement Analyst and Massage Therapist. She practices in greater Washington, DC and has taught at workshop classes for George Mason University, Vocal Studies Department, American University and The University of Maryland. In 2003 she completed training in Jessica Wolf's The Art of Breathing. Most recently she has taken an interest in Steven Shaw's Art of Swimming. Carol has been teaching the Alexander Technique since 1980.

ANNEMARIE BROEKHUIZEN

TUSCANY
Annemarie lives in Amsterdam where she has her practice in Alexander Technique and Voice. She trained as an Alexander Technique teacher in London with Misha Magidov, 1992 - 1994. At Central School of Drama in London she trained as a Voice Teacher for the Theatre in 1995. Coming from Drama and Theatre originally, she teaches at the Actor and Music Theatre Training in Amsterdam: AT&KA, and also at the Amsterdam Conservatorium where she works with musicians. Annemarie developed a post-graduate course Alexander Technique and Voice for Speech Therapists, which is now accredited. She regularly gives voice workshops based on the work of Kristin Linklater.

MICHAEL GELB

MALIBU
This year, we are looking forward to a series of special presentations by Michael Gelb, author of *Body Learning, An Introduction to the Alexander Technique*, and *How to Think Like Leonardo da Vinci*. Michael trained as an Alexander Teacher in London during the mid-1970s.

"No problem can be solved from the same consciousness that created it."
ALBERT EINSTEIN

"You can't do something you don't know if you keep on doing what you do know."
F. M. ALEXANDER

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THE ALEXANDER TECHNIQUE WORKSHOPS-INTERNATIONAL 2009

The 30th Annual East Coast and West Coast 5-day Workshops
plus Alexander in Tuscany!

website: alextechworkshops-international.com

2009 SCHEDULE

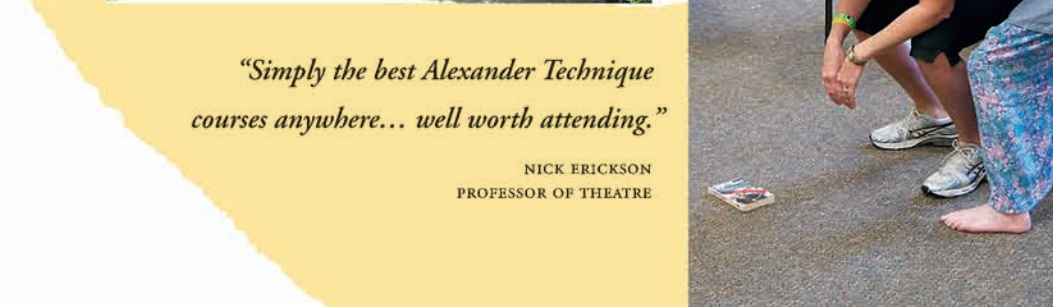
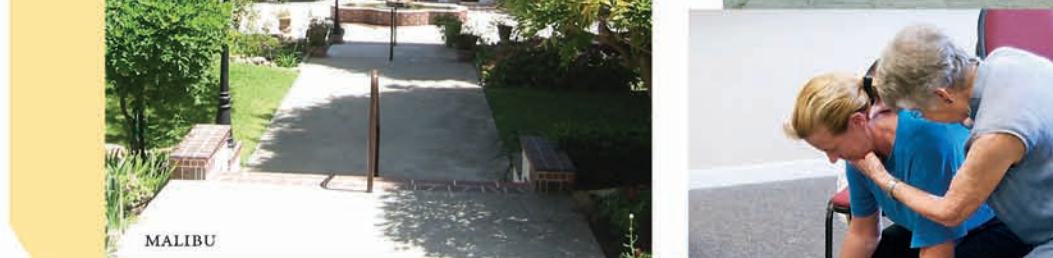
JULY - SWEET BRIAR, VIRGINIA, Sweet Briar College, July 7-12 and/or July 14-19, 2009

AUGUST - TUSCANY, ITALY, Villa Chiara di Prumiano, August 7-12, 2009

DECEMBER - MALIBU, CALIFORNIA, Serra Retreat Center, December 28, 2009 - January 2, 2010

THE ALEXANDER TECHNIQUE WORKSHOPS-INTERNATIONAL 2009

CELEBRATING 30 YEARS



"Simply the best Alexander Technique courses anywhere... well worth attending."

NICK ERICKSON
PROFESSOR OF THEATRE

SWEET BRIAR · TUSCANY · MALIBU

ALEXANDER TEACHING STAFF 2009*



ELISABETH WALKER
SWEET BRIAR
Elisabeth is the senior Alexander Technique Teacher in the world. She trained as an Alexander Teacher with F. M. Alexander from 1938 to 1947. From 1984 to 2000 she ran a teacher training program in Oxford, England. Currently Elisabeth teaches at home and for teacher training courses internationally.



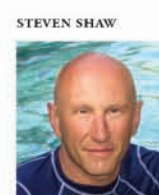
MEADE ANDREWS
SWEET BRIAR - MALIBU
Meade currently resides in Boca Raton, Florida, where she joined the faculty of the graduate acting program at Florida Atlantic University in 2002. She maintains a private practice in the Alexander Technique in Florida, and also travels to teach in New York and Washington, DC where she continues to present workshops at the Studio Theatre, her professional base for over 15 years. Meade has been teaching the Alexander Technique for 23 years, and also works as an acting coach and movement consultant for theatre productions. She recently completed a course in the Alexander Technique and the Art of Breathing with Jessica Wolf at ACAT.



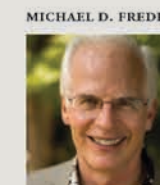
NANETTE WALSH
SWEET BRIAR
Nanette received her Master of Fine Arts in 1982 specializing in the linguistic analysis of movement. She received her teacher certification from the American Center for the Alexander Technique in 1995. In 1999 she began an intensive course of study with Peggy Williams and Walter Carrington in London; continuing until their deaths in 2003 and 2005 respectively. Nanette is a faculty member at AT-NYC's Teacher Training Program and a member of ACAT's faculty for Post Graduate Study. She currently teaches privately in New York City. Nanette is also a long-time practitioner of Tai Chi Chuan.



ANNE H. WAXMAN
SWEET BRIAR
A former faculty member for American Center for the Alexander Technique (ACAT) and the Actors Studio MEA Program in New York, Anne was certified as an Alexander teacher in 1984 from ACAT and in 2003 from Jessica Wolf's The Art of Breathing. A graduate of Sarah Lawrence College majoring in Psychology and Dance, Anne practices in Manhattan and travels worldwide as an Alexander Technique teacher.



STEVEN SHAW
SWEET BRIAR
Steven is a teacher of the Alexander Technique and a former competitive swimmer. Over the past twenty years he has developed a revolutionary approach to swimming. The Shaw Method, which has helped thousands of people to find freedom and ease in the water. Apart from his passion for teaching, Steven is a keen swimmer. Steven Shaw trained as an Alexander Teacher in Tel Aviv, becoming certified in 1990. He is currently based in London, and regularly teaches in Canada, Estonia, Egypt, Holland, Israel, Japan and the US.



MICHAEL D. FREDERICK
SWEET BRIAR - TUSCANY - MALIBU
Michael is an internationally recognized teacher in the field of Psycho-physical Re-education. He trained as an Alexander Teacher in England with Walter Carrington and in America with Marjorie Barstow, both master teachers trained by F. M. Alexander. Michael studied in the US and Israel as a Feldenkrais Practitioner and has extensive Yoga training in both the US and India. He is the founding director of the first three International Congresses on the Alexander Technique and has organized over 150 workshops in the US and Europe since 1978. Michael was voted best Alexander Teacher in Los Angeles magazine's "Best of LA".



BARBARA KENT
SWEET BRIAR
Former Director of teacher training at the American Center for the Alexander Technique (ACAT) in New York, Barbara studied singing at Juilliard School of Music. She is a certified Rubenfeld Synergy Method Practitioner and a student of Carl Stough, integrating his principles of breathing coordination into her work. Barbara has been training teachers and working in private practice for over 30 years in NYC.



FRANCES MARSDEN
MALIBU
Frances trained as an Alexander teacher at the Constructive Teaching Center in London with Walter and Dilys Carrington and has been teaching almost thirty years. She did two years post-graduate work at the Urbana Center for the Alexander Technique, directed by Joan and Alex Murray. Prior to her Alexander training, Frances studied acting at the Royal Scottish Academy of Music and Drama, Glasgow. She is a member of the faculty and Board of the Alexander Training Institute of Los Angeles. She teaches at USC, Occidental College and California State University at Los Angeles. She also teaches for "Shakespeare at theHuntington" and "Intimate Opera Company." She maintains private practices in North Hollywood and Pasadena, California.



SILVIA SFERLAZZO
TUSCANY
Silvia was born in Florence, Italy and based for over 20 years in Amsterdam. She now maintains a thriving private practice in both Florence and Amsterdam. She originally trained as an Alexander Teacher in the early 1990s in Holland. Besides being on the faculty of the Alexander training school in Amsterdam, Silvia is a graduate of and also teaches at The School of New Dance Development. Silvia is an experienced Yoga teacher with over 25 years teaching B.K.S. Iyengar style Yoga and the Ashtanga Yoga of Sri K. Pattabhi Jois. She travels each year to India to further her training. Silvia's other great love is dancing and teaching Tango.

JULY 7TH - 12TH AND/OR JULY 14TH - 19TH

SWEET BRIAR COLLEGE, SWEET BRIAR VIRGINIA

ALEXANDER TECHNIQUE Sweet Briar Residential Workshop 5-day Workshop: Tuesday July 7th, 2009 through Sunday July 12th, 2009, and/or Tuesday July 14th 2009 through Sunday July 19th, 2009. Sweet Briar College, Sweet Briar, Virginia

The faculty is an ensemble of experienced teachers and long term friends. This year marks our 27th annual East Coast course.

Each week will offer practical, in-depth study in the Alexander Technique. This study includes several individual Alexander lessons with Master Teachers complemented by a small daily homeroom group in which you work closely with one teacher for the whole week. There will also be a variety of related afternoon and evening classes and activities from which to choose.

Located at the base of the Blue Ridge Mountains, Sweet Briar College covers 3,000 acres of woodlands, dells, and small lakes. Recreational facilities on campus are exceptional and include a large swimming pool, 14 tennis courts and a gymnasium with training rooms and dance studios.



Moving Naturally
Awakening our Senses
Allowing Choice

AUGUST 7TH - 12TH

VILLA CHIARA DI PRUMIANO, TUSCANY, ITALY

ALEXANDER TECHNIQUE with Yoga & Tuscan Cooking 5-day Workshop: Friday August 7th, 2009 through Wednesday August 12th, 2009 Villa Chiara di Prumiano, Tuscany, Italy

No matter where you are in your study and interest in the Alexander Technique, we invite you to come and learn in the beautiful setting of Tuscany, Italy.

This week will offer practical, in-depth study in the Alexander Technique. This study includes several individual Alexander lessons with Master Teachers complemented by a small daily homeroom group in which you work closely with one teacher for the whole week. There will also be a variety of related afternoon and evening classes and activities from which to choose such as Yoga and Tuscan cooking.

The Tuscany, Italy course is held at Chiara di Prumiano, a beautiful historic villa surrounded by vineyards and olive orchards. Located in the hills one hour drive south of Florence on the way to Sienna. This week long course offers the quintessential learning experience in a magical setting which includes outstanding food and wine.

A Taste Of Tuscany
A Taste of Tuscany, Italy with the Alexander Technique: Special Classes

Learn to cook Tuscan food with Master Chef Rossana Passione and use the Alexander Technique in the kitchen...

Moving Naturally
Awakening our Senses
Allowing Choice



DECEMBER 28TH - JANUARY 2ND

MALIBU, CALIFORNIA

ALEXANDER TECHNIQUE Serra Retreat Alexander Residential Workshop 5-day Workshop: Monday December 28th, 2009 through Saturday January 2nd, 2010 Malibu, California

The Serra Retreat Alexander Residential Workshop in Malibu, California is open to anyone interested in the Alexander Technique who wants the opportunity to work with a variety of highly skilled Alexander Technique teachers in a community setting. The faculty is an ensemble of experienced teachers and long term friends. This year marks our 30th annual West Coast course.

This week will offer practical, in-depth study in the Alexander Technique. This study includes several individual Alexander lessons with Master Teachers complemented by a small daily homeroom group in which you work closely with one teacher for the whole week. There will also be a variety of related afternoon and evening classes and activities from which to choose.

Located in the hills above the beaches of Malibu, California, Serra Retreat Center covers 26 acres of flowering gardens and hiking trails with mountain top stillness. A serene getaway with proximity to Santa Monica and Los Angeles. Exceptional conference facilities that include meeting rooms that offer views of the blue Pacific, gift and book shop, and a lovely dining room that caters excellent meals.

Moving Naturally
Awakening our Senses
Allowing Choice



REGISTRATION

MALIBU WORKSHOP: December 28, 2009 - January 2, 2010

Tuition, Room & Meals. Please check the appropriate boxes:

EARLY REGISTRATION: BEFORE DECEMBER 1

- \$1195 Double
- \$1395 Single
- \$1045 Commuter
- REGISTRATION AFTER DECEMBER 1
- \$1295 Double
- \$1495 Single
- \$1145 Commuter
- \$500 Deposit only (balance due by December 10th)
- \$200 Full-time student discount (25% off tuition)

MEAL CHOICE
 Regular Vegetarian
Please review "Course Details" for the cancellation policy.

Make checks payable to: AT Malibu
I enclose \$_____ full payment or a deposit of \$500 to reserve a place on the Alexander Workshop 2009 Serra Retreat in Malibu, California.
Email: info@alextech-malibu.com

TUSCANY WORKSHOP: August 7 - 12, 2009

Tuition, Room & Meals. Please check the appropriate boxes:

- EARLY REGISTRATION: BEFORE JULY 1
- €550 EUR (tuition only)
- REGISTRATION AFTER JULY 1
- €625 EUR (tuition only)
- ROOM & MEALS: 3 MEALS A DAY
- €395 EUR (shared room for 5 nights + meals)
- €545 EUR (single room for 5 nights + meals)
- DEPOSIT ONLY: BALANCE DUE AUGUST 1
- €400 EUR
- €150 EUR Full-time student discount (25% off tuition)

MEAL CHOICE
 Regular Vegetarian
Please review "Course Details" for the cancellation policy.

Make checks payable to: AT Tuscany
I enclose €_____ full payment or deposit to reserve a place in the Alexander Workshop 2009 in Tuscany, Italy.
Mail this registration form (or a photocopy) plus check, Visa or M/C payment to the appropriate address:

Registrar EUROPE: Silvia F. Sferlazzo
via Edimburgo 13, 50126 Firenze, Italia
Tel: +31-(0)621-265.370 (Holland) or +39-349-624.6731 (Italy)
Email: sferlazzosilvia@gmail.com
Web site: www.welcometojoya.com

Bank Transfer Info: abn.amro, Dam-postbus 3955, 1001 as Amsterdam, Holland, www.abnamro.nl. Deposit in the name of Silvia Sferlazzo, account # 57.49.75.799.
Within Holland: bic abnanl2a
Internationally: iban n182abna0574975799

Registrar USA: Ian Kleiman (See contact info at right)

Photos: Anchan, Nick Erickson, Henry Klein
Graphic Design: Tom Mossman

"In these difficult economic times the Alexander Technique gives you a 'smart tool' to help cope with change and move forward... this work is 'green thinking' at it's best!"

MICHAEL FREDERICK

SWEET BRIAR WORKSHOPS: July 7-12 and/or July 14-19, 2009

Tuition, Room & Meals. Please check the appropriate boxes:

- Both Weeks 1st Week 2nd Week
- EARLY REGISTRATION: BEFORE JUNE 1
- \$1050 One week, Double
- \$1250 One week, Single
- \$975 One week, Commuter
- \$1975 Two weeks, Double
- \$2375 Two weeks, Single
- \$1825 Two weeks, Commuter
- REGISTRATION AFTER JUNE 1
- \$1150 One week, Double
- \$1350 One week, Single
- \$1075 One week, Commuter
- \$2075 Two weeks, Double
- \$2475 Two weeks, Single
- \$1925 Two weeks, Commuter
- \$500 Deposit only (balance due by June 15th)
- \$200 Full-time student discount (25% off tuition)

MEAL CHOICE
 Regular Vegetarian
Please review "Course Details" for the cancellation policy and special note for course participants staying two weeks.

Make checks payable to: AT Sweet Briar
I enclose \$_____ full payment or a deposit of \$500 to reserve a place on the Alexander Workshop, Sweet Briar 2009.
Email: info@alextech-sweetbriar.com

Registrar USA: Ian Kleiman (See contact info at right)

Registrar EUROPE: Silvia F. Sferlazzo
via Edimburgo 13, 50126 Firenze, Italia
Tel: +31-(0)621-265.370 (Holland) or +39-349-624.6731 (Italy)
Email: sferlazzosilvia@gmail.com
Web site: www.welcometojoya.com

Make checks payable to: AT Tuscany
I enclose €_____ full payment or deposit to reserve a place in the Alexander Workshop 2009 in Tuscany, Italy.
Mail this registration form (or a photocopy) plus check, Visa or M/C payment to the appropriate address:

Registrar EUROPE: Silvia F. Sferlazzo
via Edimburgo 13, 50126 Firenze, Italia
Tel: +31-(0)621-265.370 (Holland) or +39-349-624.6731 (Italy)
Email: sferlazzosilvia@gmail.com
Web site: www.welcometojoya.com

Registrar USA: Ian Kleiman (See contact info at right)

Bank Transfer Info: abn.amro, Dam-postbus 3955, 1001 as Amsterdam, Holland, www.abnamro.nl. Deposit in the name of Silvia Sferlazzo, account # 57.49.75.799.
Within Holland: bic abnanl2a
Internationally: iban n182abna0574975799

Registrar USA: Ian Kleiman (See contact info at right)

Photos: Anchan, Nick Erickson, Henry Klein
Graphic Design: Tom Mossman

COURSE DETAILS

Classes begin on the first day of the workshop at 7 pm after dinner. Plan to arrive a few hours early to register, get settled, and eat dinner. Classes finish the final day of the workshop after lunch. All prices include three meals per day (vegetarian and non-vegetarian).

JULY: SWEET BRIAR VIRGINIA
Sweet Briar College - July 7-12 and/or July 14-19, 2009

COST: Tuition, Room & Meals is \$1050 per week/double occupancy, \$1250 per week/single occupancy (space permitting), \$975 per week/commuting students. Full-time students receive a discount of \$200. A \$500 deposit guarantees placement until June 15. The balance of \$550, \$750 or \$475 is due on that date. For registration after June 1, the above fees increase by \$100 per week.

Participants staying for 2 weeks receive 20% off the second week's tuition, but must pay for room and board at Sweet Briar if they wish to remain on campus for the interim. (Interim costs are: \$45 per day for double or \$75 per day for single - includes meals.)

NOTE: Cancellations received in writing and postmarked on or before June 2, 2009, will receive a refund, minus a \$75 processing fee. Cancellations made after June 2, 2009: the \$500 deposit is non-refundable. Cancellations received less than two (2) weeks prior to the beginning of the course: all fees are non-refundable.

TRAVEL INFORMATION: Sweet Briar is 12 miles north of Lynchburg, Virginia on US 29, 3 miles south of its intersection with US 60 at Amherst. The college is 100 miles West of Richmond, 30 miles East of Lexington, 50 miles South of Charlottesville, and 165 miles Southwest of Washington, DC. If traveling by air, fly to the Lynchburg Airport, where you will be met by Sweet Briar College Transport.

AUGUST: TUSCANY, ITALY
Alexander Technique plus Yoga & Tuscan Cooking
LA CHIARA DI PRUMIANO VILLA - August 7 - 12, 2009

COST: Early registration by July 1, 2009 is \$50 EUR (tuition only). Registration after July 1, 2009 is €625 EUR (tuition only). Shared room and 3 meals/day (5 nights - €79 EUR/day); €395 EUR. Single room and 3 meals/day (5 nights - €109 EUR/day); €545 EUR. Full-time students receive a discount of €150 EUR. A deposit of €400 EUR will guarantee a place in the course until August 1, 2009 on which date the balance is due.

NOTE: Cancellations received in writing and postmarked on or before July 1, 2009, will receive a refund, minus a €60 EUR processing fee. The €400 EUR deposit is non-refundable for cancellations made after July 1. All fees are non-refundable for cancellations received less than two (2) weeks prior to the beginning of the course.

TRAVEL INFORMATION: La Chiara is less than 1 hour by taxi from the Florence and Pisa airports. Taxi from Florence airport: €50 EUR; from Pisa airport: €100 EUR. Participants could arrange group rides and share costs. La Chiara offers its own taxi drivers on order, better when more participants travel together from the airport.

DECEMBER: MALIBU, CALIFORNIA
Serra Retreat Center - December 28, 2009 - January 2, 2010

COST: Tuition, Room & Meals is \$1195/double occupancy, \$1395/single occupancy (space permitting), and \$1045/commuting students. Full-time students receive a discount of \$200. A \$500 deposit guarantees placement until December 10th. The balance of \$695, \$895 or \$545 is due on that date. For registration after December 1st, the above fees increase by \$100.

NOTE: Cancellations received in writing and postmarked on or before December 1st, 2009, will receive a refund, minus a \$75 processing fee. Cancellations made after December 1: the \$500 deposit is non-refundable. Cancellations received less than two (2) weeks prior to the beginning of the course: all fees are non-refundable.

TRAVEL INFORMATION: Serra Retreat Center is located in Malibu, California, not far from Santa Monica and Los Angeles International Airport. Shuttle service is available from the airport.

"... The demands of modern life have fostered a virtual epidemic of neck, back, and other problems related to misaligned posture and improperly tensed muscles. Basically, the Alexander Technique helps people with chronic pain and tension shed long-established habits and relearn how to use their bodies with ease and grace."

JANE BRODY, NEW YORK TIMES

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Alexander Technique Workshops-International.