

Community Alexander Technique Course: Introductory Level
Course Outline: 6-week version
Instructor: Mary Beth Coolidge, mATI

Week One:

-Introduction to the Alexander Technique.
-Ice-breaker: Movement Activity/Exploration

- Share F.M. Alexander's story and the beginning of the technique.
- Body Map the Atlanto-Occipital Joint.
- Introduce terms:
 - Inhibition
 - Means-whereby
 - End-gaining
 - Kinesthetic Sense

Week Two:

- Review the A-O joint.
- Introduce AT Directions.
- Play with Directions, Pausing, Inhibition and Redirection.
- Body Map Anatomy of low support: feet, ankles, knees, hips, pelvis.
- Introduce *Whispered Ah* exercise.

Week Three:

- Review last week's Body Mapping.
- Movement Exploration.
- Body Map the Spine.
- Body Map the breath.
 - Art of Breathing
- Breath exploration:
 - The Spine's role in breathing.
 - Extended exhale.

Week Four:

- Movement Exploration/Warmup.
- Body Map the Arms.

Week Five:

- Movement Exploration/Warmup
- Performance-In-Activity Offering (Students bring in something to work on in class: a song, monologue/poem, instrumental piece, dance, visual art demonstration, et. al.)

Week Six:

- Movement Exploration/Warmup
- Performance-In-Activity Offering