

Introduction to Alexander Technique for Performers

Guest artist: Gwendolyn Walker

Saturday, March 19, 2016

13-17h (Paris 1er)

This four-hour introductory course in Alexander Technique is geared towards performers who want to learn to improve performance, reduce tension and stress, and prevent injury. Singers will find an ease from a more natural alignment produces better results immediately.

Using movement exercises, we explore how to use our bodies more efficiently, supporting our bodies as singer/dancer/actors. Performers will learn about their anatomical neutral posture that releases tension and makes everything that we do with the body easier.

Through discussion and exercise, we explore how we can return our bodies to their natural state of grace and our nervous systems to their natural state of brilliance by releasing tension.

The class will be held in English, but assistance with translation will be provided as needed.

There are a limited number of performer slots for the one-day master class. A limited number of auditors are also welcome.

REGISTRATION

If you wish to participate in the master classes as a singer/actor participant, please fill out the [Master Class Registration Form](#) and send a CV, headshot, and Mp3 to studio@amtlive.org. (Dossier is not required for performers who have applied for AMT Live Master Classes in the past. Simply submit your registration [at this link](#).) Singers who are taken for the master class will receive a registration link to confirm their participation.

Those wishing to attend as auditors do not need to submit materials and are accepted on a first-come, first-served basis, and can enroll online directly at the following link:

<https://www.eventbrite.com/e/master-class-alexander-technique-for-performers-with-gwen-walker-tickets-21460301339>

The class will be held in English.

LOCATION

Paris 1er, Metro Pyramides/Tuileries. Address confirmed to registered participants.

PRICING

Performing participants:

75€ (Public), 65€ (Membres d'AMT Live)

Auditors:

35€ (Public), 25€ (Membres d'AMT Live)