

WORKSHOP DETAILS



No prior experience necessary.
People of all ages welcome.
Limited participants.

Date: 13.10.2018, 10am - 6pm

Location: Zurich (close to stop
«Zürich,Kalkbreite/Bhf.Wiedikon»)

Course fee: CHF 160.-
(Students CHF 125.-)

Workshop language: English
(translation to German possible)

Individual lessons (CHF 110.-/45')
can be arranged on Thursday, 27.09.,
Friday 28.09. and Monday 15.10.

Additionally, Robyn will give a post
graduate workshop for Alexander
Teachers on Sunday, 14.10.2018. If you
are curious, ask for more information!

Organizer and assistant teacher:
Magdalena Gassner

For more information and to register
call +41 (0)77 475 50 27 or write to
m.gassner@alexanderalliance.de

To learn more about Robyn
and the Alexander Alliance Europe:

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THINKING BODY – MOVING AN INTRODUCTION TO THE MIND WORK OF FM ALEXANDER

Led by Robyn Avalon

Saturday, October 13, 2018 in Zurich

ABOUT THE ALEXANDER WORK

Alexander Work is the study of the quality of your life. It teaches you how to make profound, conscious, life-altering choices - beyond rules or expectations, beyond both habit and knowledge.

Imagine being able to access both your body's innate intelligence and your mind's ability to make new choices, to form a personal tool for creating the quality of life you choose.

Part consciousness & part innate coordination.

Part sensory awareness & part personal observation.

Whether you consider yourself a «thinker» or a «mover», or both, Alexander Work provides simple, effective tools for noticing and changing your habitual ways of being in the world - in your job, your family, and your Self.

- Learn to transform excess tension into useful energy.
- Learn to recognize the beliefs that you are literally «wearing» from your past and replace them to fit who you choose to be now.
- Learn to alter habitual responses and behaviors into appropriate reactions.

Alexander Technique, the «Work» based on the principles of F.M. Alexander, is a practical, hands-on study of the principles of coordination, movement, habit, and awareness, which teaches you how to release pain and tension, rediscover excellence, ease, strength, flexibility, grace, and joy, and realize conscious choice in every activity of life.

It is a quintessential tool for living with conscious vitality in today's world.



This one day workshop is open to all - every body and every mind. You will find something for yourself, whether you are completely new to the Work or a lifelong student of it.

ABOUT ROBYN



Robyn has been a student of FM Alexander's Work for over 40 years. She is the Founding Director of the Contemporary Alexander School, the USA branch of Alexander Alliance International (AAI), offering Alexander Technique Teacher Training in Santa Fe, New Mexico and Portland, Oregon, as well as being on the Core Faculty of the AAI German and Japan schools since their inception. In the summers she is on the faculty of the renowned Meadowmount School of Music. In addition to training teachers, Robyn travels the world offering beginner through post-graduate workshops in a contemporary presentation of Alexander's Principles.

In addition to Alexander Workshops, Robyn offers workshops and trainings that support educators in all fields. She is the creator of Living in a Body™: The Quintessential Owner's Guide to Natural Movement. This body mapping professional certification course is offered worldwide, with translations available in English, Japanese, German and French. She also offers an ongoing series of post-graduate workshops, Ways of Knowing, which provide tools for accessing and incorporating intuition and imagination in the educational process.

Robyn especially enjoys bringing Alexander's Work to a wide range of people. With her own extensive background in professional theater and dance, Robyn is most at home when offering the Work to many of the world's leading orchestras, chamber ensembles, dance, theater, and opera companies, and circuses. But she is equally comfortable teaching in an Olympic equestrian arena, for the Ladies PGA, or at a meeting of the world's top cardiac surgeons. Her private practice incorporates a unique blend of Contemporary Alexander, Cranial Sacral, Visceral Unwinding, Deep Imagery, Matrix Energetics®, and a life-long study of varied intuitive skills, to create a unique somatic experience. She enjoys teaching the very young and the very old, the absolute beginners and the masters, and everyone in between.