

TEACHERS

KAREN WENTWORTH trained 1973-77 with Walter and Dilys Carrington at the Constructive Teaching Centre. She was a professional dancer and actress from 1953 until 1973. Since 1977 she has been teaching the Technique full-time. Karen studied at the Julliard School of Music-Dance Department 1956-59. She studied dance with Martha Graham, José Limon and Anthony Tudor, and has been a member of numerous dance companies. She studied acting with Tamara Daykarhanova (Moscow Arts Theatre), Sanford Meisner, Stella Adler and studied voice work with Kristin Linklater. Karen has been a member of many theatre companies, including La Mama and The New York Shakespeare in the Park. Among the people she has acted with are Irene Pappas, Christopher Walken, Shelley Winters and Roy Scheider. Karen has run short courses in the Technique at the University of Michigan, Ann Arbor, 1977-80. She was Director of the Aalborg Teacher Training Course, Denmark, 1984-87. She taught the Technique for some years at the Drama Studio, ALRA, Guildhall School of Music and the London Theatre School. Since 1983 she has taught one day a week at the Constructive Teaching Centre.

JEAN M. O. FISCHER trained 1984-87 with Karen Wentworth in Denmark. In addition to his private practice he has taught for five years at the North of England Teacher's Training Course in the Alexander Technique, in Leeds, and has also worked on other teacher training courses. Jean has annotated, edited and published several books on the Alexander Technique (www.mouritz.co.uk).

ALISON HARPER trained 1987-90 with Walter and Dilys Carrington at the Constructive Teaching Centre, London, with whom she subsequently worked one day a week 1995-96. She is a BA graduate in Fine Arts from Leeds University 1977 and gained a Master of Fine Art from Newcastle-upon-Tyne University 1979. She has been a full-time teacher of the Technique since 1990 and has taught in health clinics and in adult education.

The Alexander Technique Studio is situated on the ground floor of a large Edwardian house in a quiet residential area, and includes a large garden.

6 Ravenslea Road is two minutes walk away from Wandsworth Common Station (12 minutes by train from Victoria Station).

THE ALEXANDER TECHNIQUE STUDIO

PROSPECTUS

APPRENTICESHIP IN
THE F. M. ALEXANDER TECHNIQUE

A S.T.A.T. APPROVED TEACHER TRAINING COURSE

*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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TRAINING IN THE ALEXANDER TECHNIQUE

The Alexander Technique is a living and creative process. The three-year training course is the beginning of a lifetime of exploration and discovery. Being an art as well as a skill the Technique acknowledges the individuality of both teacher and student. The aim of the Alexander Technique Studio is to respect and nourish the growth of each student in the process of learning how to explore their own use.

The purpose of the training is to develop sensory appreciation through inhibition and direction and to apply this process to hands-on work. Each day consists of individual work with different teachers, small group work with one teacher, class work using 'games' (simple movements guided by a teacher) and a lecture. The emphasis throughout the course is on learning to explore your own use through games and activities.

The teachers are Karen Wentworth, assisted by Jean Fischer and Alison Harper. There are also visiting teachers and some teachers with specialist skills in voice, music, creative movement, acting, swimming and juggling.

We have found that students who come to the course with the desire and commitment to work on themselves tend to benefit more from their training. It is necessary to learn to look after one's own use in order to become a teacher.

Ideally, prospective applicants will have had a minimum of thirty individual lessons before applying, and will also have had some lessons with Karen.

The course provides a supportive environment with experienced teachers; however, the psycho-physical changes brought about by the Technique will benefit from stability in your own daily life.

The course is approved by STAT. Upon successful completion of the course students are eligible for STAT membership. Graduates can also apply for recognition by Alexander Teachers International.

Upon graduation students will be invited to do a full-time teaching practice term at the course for which there is no fee.

STRUCTURE AND TIMETABLE

Training to be a teacher of the Alexander Technique takes three years. Each year is divided into three terms of 13 weeks, with the midterm week off. Students can join at the beginning of each term.

The practical work consists of

- 1) *turns*: short, individual work.
- 2) *small groups*: guided hands-on teaching procedures for chair, table, saddle and voice work as well as activities such as standing, walking, running, etc. The groups are supervised by a teacher. Students have about two hands-on groups every week.
- 3) *games*: Individual guidance through a particular movement or a series of movements exploring the primary control in motion. There is a game every day.

The course runs daily, Monday to Friday, from 8:45 to 12:15, with private lessons 12:15 - 12:45. Each student has a half-hour private lesson every week during the first two years. In aggregate the course consists of more than 1620 hours over three years. The daily schedule is:

Turns	8:45 - 9:15
Games and groups	9:15 - 10:15
Tea break	10:15 - 10:45
Lecture	10:45 - 11:15
Projects and turns	11:15 - 12:15

The lectures consists primarily of readings from Alexander's books and work by other authors on the Technique as well as relevant studies of anatomy and physiology.

At any given time there are about 15 students. The teacher-student ratio will not exceed 1:4.

The course fees are £1,200 per term, payable termly, in advance.