

An Introduction to The Alexander Technique

Workshop for Faculty, Staff, and Students

Are you tired of exercise routines?

What past participants have said about this program:

"When it comes to The Alexander Technique, I am a believer. Wendy is wonderful."

Dr. Freeman Hrabowski

"This workshop taught me how to be much more conscious of how I am holding my body, especially when I am sitting at my desk using my computer. I have noticed a very positive difference in how I feel as a result of these practices."

"I have been more aware of the center of my body and how this affects my posture and now notice less muscle tension in my neck, shoulders, and back."

Learn an innovative method that you can practice anywhere and that can relieve stress, provide relief from chronic neck and back pain, allow for improved coordination, flexibility and balance, and give you stronger postural and breath support. No exercises involved.

The Alexander Technique is an educational practice that restores your natural poise, coordination, and ease of movement. As a student of the technique you become a refined observer of the habits that prevent you from moving comfortably, and you learn a specific process by which you can consciously change those habits so that moving becomes pleasurable.

About the Instructor:

Wendy Salkind, UMBC Department of Theatre Certified teacher of Alexander Technique, is an actress who has been training actors in universities and privately for 35 years. She completed her training as a teacher of Alexander Technique with The Alexander Alliance in 1992, and she is a member of Alexander Technique International and Alexander Technique Teachers of Greater Washington. She has been a faculty member of the UMBC Department of Theatre since 1979, teaching acting, voice and movement to actors.

**Wednesday
May 4, 2011**

9:00 am – 11:30 am

**University Center
Room 312**

Register on the web by April 26th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.

