

Shenandoah Conservatory

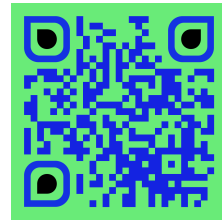
Alexander Technique Pilot Program

Fall 2023 & Spring 2024

Free semester-long program offering workshops & lessons for a limited number of students

Wednesdays 3-3:50 or Fridays 2-2:50

Register [here](#) or by using the QR code:



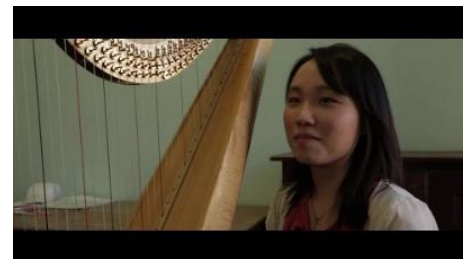
A big big thank you!

Thanks to the continued support from the Being Well Together Committee, Conservatory Administration, and the Conservatory Dean's Circle, this program provides a semester-long experience with the Alexander Technique *AT NO COST TO YOU!* Participants will receive 6 small-group workshops for the first half of the semester, 2 private lessons at any point in the semester, and focused studio workshops. Each semester there will be only two groups of 12 participants in each group.

What is the Alexander Technique and how could it help?

The Alexander Technique addresses habits of muscular tension and misuse in everyday movements and activities. This can be especially beneficial for performers to:

- Minimize stress and pain
- Decrease the likelihood of injury in performance/task completion
- Reduce stage fright
- Minimize burnout
- Improve quality and ease of performance/task completion
- Enable healthy, spontaneous, and creative activity



See [HERE](#) for how the Alexander Technique relates to “The Performing Self”. See [HERE](#) for what other SU students have said about the program.

How does the program work?

Each semester two groups of 12 students will take part in six weekly workshops and sign up for 2 private lessons at a time of choice. The workshops will introduce students to the principles of the Technique, give them an opportunity to observe and practice applying those principles, and then assign a weekly task and reflection. For instance, one weekly task is to lie down and take a break for 5-15 minutes a day, all the while thinking about applying the principles. The private lessons give an opportunity to apply the principles to your individual habits in life, practice, and performance.

When does the program take place?

Two groups will meet weekly for the first half of the semester, with private lessons at any convenient time during the semester. Except in the case of emergencies, students will need to commit to attending ALL of these workshops in order to make the most of their time and realize the benefits of the Technique.

Group 1: Wednesdays, 3-3:50

Group 2: Fridays, 2-2:50

How do I register and when will I know if I'm accepted?

The program is limited to 24 students each semester on a first-come, first-served basis, so don't delay in registering! It is reserved for students new to the program who can commit to it for the entire semester. Accepted students will be sent a Canvas Organization invite in the first week of classes. **You will need to accept that invite ASAP to reserve your spot and to learn where we will be meeting.**



Who is teaching this program?



Kathryn Enders has been a Certified Alexander Technique Teacher through the American Society of Alexander Technique (AmSAT) since 2001. She is a graduate of the Urbana Center for the Alexander Technique with Joan and Alex Murray, a 1600-hour training program. She has taught the Alexander Technique to hundreds of students through private lessons and workshops at East Carolina University and Shenandoah University. She has also been a Lecturer in the Shenandoah University English Department, 2017-present, and a folk musician playing Celtic fiddle and cello with the local band *One Street Over*.

Other Questions? Email Kathryn Enders at kenders@su.edu.