Alexander Technique Lessons

The Alexander Technique is a methodology which aids in replacing unnecessary physical or
mental tension in movement activities with consciously coordinated responses. It has been used
by performing artists of all kinds to learn how to cooperate with their physical design,
coordinate complex movements efficiently, as well as assisting with injury recovery and
prevention. In lessons and/or group workshops with Chloe, students will learn how to use Alexander Technique in everyday life activities, as well as how it applies to their artform to serve their performance dreams and goals. It is advised for them to bring their instruments, a piece of music they are working on, water and to wear comfortable clothing.

Chloe Chung, biography



Chloe Chung is a multi-style flautist, playing Western classical flute and dizi (Chinese bamboo flute), teaching music, and collaborating with others to foster unexpected musical forms and connections throughout Sydney and beyond. Her passion for creativity, sustainability and health education are central to her work as an active performer, teacher, and emerging creative director.

A tapestry of influences shape her body of work, including her Malaysian-Singaporean-Chinese roots, classical music training, traditional Chinese music, poetry and improvisation as a tool for building bridges of connection between people, places, and things. She has performed at the Sydney Opera House Re-Tuning festival (solo, 2023), BackStage Music (solo, 2022), Sichuan Symphony Orchestra (2019), and most recently as the multi-flutes player in the touring orchestra of the Miss Saigon Asia tour (2023-2024).

Longstanding creative partnerships include the long-standing *Sidere Duo* with pianist-composer Pavle Cajic, *Box of Chocolates* duo with Torres Strait

Islander songman and didgeridoo player Murraywa Dow, and *DeeBeeTees* duo (Liz Cheung). In 2020, Chloe founded the Dreambox Collective as Artistic Director - a musician and artist collective putting on interactive concert projects partnered with local charities, NGOs and artists for positive social impact.

A passionate educator, Chloe is currently Academic Lecturer of Woodwind at AIM (Australian Institute of Music), as well as running her home studio in flute and Alexander Technique. At the Sydney Conservatorium of Music, she has been a founding member of their Chinese Music Ensemble since it's conception in 2016, and she currently maintains her teaching position there on dizi and performs regularly with the ensemble.

Chloe is an internationally accredited Alexander Technique teacher (gaining her formal accreditation in 2019) which informs her outlook on sustainable music practice. She is regularly engaged for teaching specialized workshops on integrated Alexander Technique for injury recovery/ prevention and peak performance, most recently for music students, music teachers and therapists at St. Paul University Philippines, University of Philippines, Sydney Conservatorium of Music, Australian Institute of Music and the Bodyminded Alexander Technique School.