



Alexander Technique

ITM Summer Workshop 2024

ROYAL AGRICULTURAL UNIVERSITY CIRENCESTER

9th - 13th August



Interactive Teaching Method Summer Workshop 2024

The ITM Alexander Technique is a powerful tool for change, which can bring about lasting improvements in physical and mental performance. It can be used to enhance a person's co-ordination and comfort in everyday tasks, as well as more specialised activities, such as music, dance or sport.

From its very beginning, the ITM Alexander Technique has been used both to solve problems and to find simpler solutions than the ones you are already using. This workshop is designed to give participants inspirational guidance and instruction in how to apply the principles and ideas that make up Alexander's work for themselves.

By learning more about ourselves and the principles which govern all movement behaviour, we can make increasingly better use of our time and energy, freeing ourselves to reach our dreams.

"Physically, mentally, and emotionally – studying the Alexander Technique with ITM continues to improve my quality of life."

"Now I would never wish to return to the self-imposed limitations I lived with before."

The 2024 summer workshop will be led by a team of experienced senior ITM teachers.

During the workshop, over twenty-five hours of classes will be offered, consisting of large groups alternated with smaller more personal groups. We have found that class participation which combines the process of observing other students' lessons with discussion and asking questions, creates an ideal and balanced learning environment.

An added bonus for residential participants is the synergy created by spending time in a community of people dedicated to learning about Alexander and his work.

The workshop is open to all, whether you are completely new to the work, a returning student keen to learn more, or an Alexander Technique teacher or trainee who would like to accept the challenge of encountering/ interacting with new points of view. Whatever your previous experience, we would be delighted to have you join us.

"Thank you all for such an amazing few days in Cirencester... an overwhelming life-changing experience..."

"I have never laughed so much in my whole life."

"It is a delight to watch people grow, shine and truly surpass their previous sense of their own potential."



Workshop Venue

The workshop is held at the Royal Agricultural University, which is set in the heart of the Cotswold countryside, on the outskirts of the historic town of Cirencester.

Established in 1845, the University has 25 acres of grounds, centred around an attractive Victorian Gothic building and the University chapel. The bar and lounge are situated inside an original 17th Century Tythe Barn.

Tennis and squash courts are available on campus and the Cotswold Leisure Centre, which has a swimming pool and other sports and exercise facilities, is a ten minute walk from the University.



Cirencester has a wide range of shops and restaurants. There are several golf courses nearby - as well as Britain's largest water park, where water sports are available. The Cotswolds is an area of outstanding natural beauty with many opportunities for walkers and cyclists.

The Royal Agricultural University is easily accessible by road. London, Bristol and Birmingham are all within one or two hours drive. Car parking on campus is free and plentiful. The nearest railway station is Kemble, a few miles from the university and on the line to London Paddington. Cirencester is also served by National Express coaches from London Victoria, many of which also call at Heathrow airport.



Don Weed (1950 - 2022) & the ITM

Don Weed began his study of the Alexander Technique in 1971 with Marjorie Barstow in Lincoln, Nebraska. He also studied with Frank Pierce Jones and Margaret Goldie. He began his professional work as a teacher of the Alexander Technique in 1975.

Don developed a unique approach to teaching F.M. Alexander's work, based on his in-depth study of Alexander's writings, and his knowledge of anatomy and modern educational theories, which he presented through the lens of the most up-to-date developments in Success Education and personal development.

In 1993, Don established the Interactive Teaching Method for the purpose of training teachers in this unique approach to teaching. The ITM is now an international network of teachers, all trained to teach Alexander's work for the purposes of self-improvement and personal development.



This Year's Workshop

This year's workshop will be led by three of the ITM's most experienced teachers, who worked alongside Don for many years.



Adrian Bournier



Jane Toms



Simon Gore

Their combined years of experience and diverse backgrounds promise a vibrant and exciting workshop.

Booking Information

	RESIDENTIAL Standard room	RESIDENTIAL En suite room	NON-RESIDENTIAL
	Price includes tuition, all meals and refreshments		Price includes tuition, lunch and refreshments
Workshop Fees	£615 (4 nights)	£660 (4 nights)	£540
Short stays 1-3 days	£183 per night	£200 per night	£157 per day

Accommodation

The accommodation is in single rooms on the university campus, a short walk from where the workshop takes place. Standard rooms have a wash basin and shared toilet and bathroom facilities. En suite rooms have their own shower and toilet. En suite twin rooms may be available on request at the same cost per person (based on two people sharing). Towels, bed linen and tea and coffee facilities are provided in all rooms. There is also a launderette and coffee shop on campus.

To book

Your place is reserved once we have received your booking form and deposit payment. **Full payment is required by Tuesday 25th June.**

By mail: Please complete the booking form and return it to the address shown. If you are paying your deposit by cheque, please include it with your booking form. If you wish to pay your deposit by bank transfer we will contact you with payment instructions upon receipt of your booking form.

Online: Go to: www.itmalexandertechnique.org/register-uk

We will contact you with payment instructions upon receipt of your electronic booking.

Booking from outside the UK: We accept payment by £ sterling bank transfer or international bankers draft.

BOOKING DEADLINE: Friday 21st June 2024.

Please book as soon as you can. Places on the workshop are limited and fill rapidly.

Late bookings

Booking requests made and received after 21st June cannot be guaranteed and will be subject to an admin charge of £60.

Class Schedule

	Fri 9th Aug	Sat 10th Aug	Sun 11th Aug	Mon 12th Aug	Tue 13th Aug
Morning		9am-1pm	9am-1pm	9am-1pm	9am-1pm
Afternoon	Registration 5-6pm	3.30- 6.30pm	3.30- 6.30pm		
Evening	Welcome meal and class			6.30- 10.15pm	

The structure of this Summer Workshop allows us to cater to and design classes that are appropriate for beginners, returning Alexander Technique students, and teachers.

This flexibility in class structure and group composition also allows us to accommodate the various lengths of attendance by students, whether they stay for one or two days, or the whole workshop. We highly recommend attending the full workshop as there is a tremendous benefit to be gained by having the whole experience.

Over the years we have found that groups made up of students with different levels of experience is the very best way for every student to learn how to apply the work for themselves regardless of their previous standard of accomplishment or background.

For more information contact Zoe Challenor:

Email: itmsummerworkshopcirencester@gmail.com

Phone: 07989 926 039

Post: ITM Summer Workshop, 2 Florence Road, Wylde Green, Sutton Coldfield, B73 5NG

Online booking: www.itmalexandertechnique.org/register-uk

www.itmalexandertechnique.org

Booking Form

Please write clearly

Title	Name(s)
Please write your names as you would like them to appear on your name badge	
Address	
Postcode	
Telephone	
Email	

1 Accommodation required: Standard room En suite room Non-residential

2 I/We would like to attend:

Summer Workshop Accommodation on nights of 9th - 12th Aug
or

I/We would like to arrive on: (day/date) AM PM Evening (please circle)

Accommodation will be provided FROM the night of this date

and depart on: (day/date) AM PM Evening (please circle)

Accommodation will NOT be provided for the night of this date

3 Do you have any special dietary needs?

Vegetarian Vegan Gluten Free Dairy Free

4 Tell us a bit about your experience of the Alexander Technique.

If you've had ITM lessons, please let us know how many and with whom

5 Date of birth if under 18

6 Are there any conditions, medical or otherwise, that the teaching team need to be aware of?

7 How did you find out about this workshop?

8 Deposit* (£150 per person) I enclose a cheque for £ payable to **ITM**

or Please contact me with payment instructions to make a bank transfer for £

* If you cancel before the booking deadline we reserve the right to retain your deposit.

If you cancel after the booking deadline we reserve the right to retain 50% of the full cost.

If you are booking from outside the UK, please see details on the Booking Information page.

**Please return this form and your deposit to: Zoe Challenor, ITM Summer Workshop,
2 Florence Road, Wylde Green, Sutton Coldfield, B73 5NG**

or complete an electronic booking form at: www.itmalexandertechnique.org/register-uk

Important information: This form and the details you have provided may be stored in paper form and/or on computer. This information may be used to contact you about ITM workshops, courses and events in the future. For our full privacy policy please go to <http://itmalexandertechnique.org/register-uk>. The organisers reserve the right to decline, amend or cancel any booking for this workshop.