ALEXANDER TECHNIQUE

with Don Weed

ITM Summer Workshop 2020

UNIVERSITY COLLEGE CORK

26th - 30th June

Interactive Teaching Method Summer Workshop 2020

The ITM Alexander Technique is a powerful tool for change. It can help you learn how to achieve continuing improvement in your standard of mental and physical performance.

Considered to be of fundamental importance in the training of performance artists and sports people, it is also a unique approach to self-development and personal transformation.

This workshop is designed to provide you with inspirational guidance and instruction in how to apply the principles and practices that make up Mr Alexander's work for yourself.

This fascinating, fun and fulfilling approach to learning can teach you how to make increasingly better use of your time and energy, how to face the demands of modern living, and how to free yourself to discover and realise your dreams.

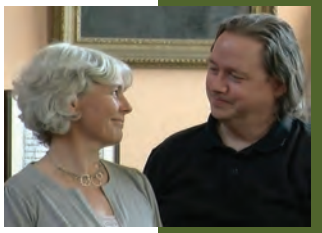
"Physically, mentally, and emotionally – studying the Alexander Technique with ITM continues to improve my quality of life."

"An overwhelming life-changing experience."

During the summer workshop, over twenty-five hours of classes will be offered consisting of large groups with Don Weed, alternated with smaller more personal groups with teachers trained by Don.

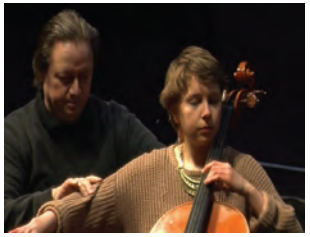
We have found that class participation which combines the process of observing other students' lessons with discussion and asking questions, creates an ideal and balanced learning environment.

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 interested in encountering and interacting with different points of view.

Whatever your previous experience, we would be delighted to have you join us.



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

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

Workshop Venue

The workshop will take place in the Western Gateway Building at University College Cork, close to the banks of the river Lee, a pleasant walk or short bus ride away from Cork's historic city centre on the south coast of Ireland.

Established in 1845, the college is an exciting blend of old limestone buildings and new modern conference facilities set in mature grounds. A charming riverside walk extends throughout the main campus. It is a most attractive location with its proximity to Cork's city centre's shops, restaurants, pubs and numerous places of historic interest.

The Mardyke Arena, located within a short walking distance, offers a superb range of sports and exercise facilities including a 25m pool and three modern gymnasiums, three sports Halls, Squash Courts, a Climbing Wall, Fitness Centre and 8-Lane Athletics track.

As one of Ireland's major cities, Cork is accessible by all major modes of transport. There are direct flights to Cork airport with Aer Lingus from many European destinations including London and Bristol, and connections available from most European and US destinations through Dublin airport. The Aircoach bus connects Dublin airport directly with Cork's city centre. Trains from Dublin's Heuston station are direct and frequent to Cork's Kent station, just a few miles from the College, and take approximately three hours. Cork is also accessible nationwide with Bus Eireann buses. Bus times between Dublin and Cork are approximately four hours.

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

About Don Weed

"Witty, wise, insightful and compassionate, Don is able to bring out the best in everyone."

"...an inspiring teacher who encourages you not to limit yourself."

Don Weed has degrees in Music & Drama and Human Biology as well as a Doctor of Chiropractic degree. He studied the Alexander Technique with Marjorie Barstow (from 1971 to 1993) and a number of other teachers, most notably Frank Pierce Jones and Margaret Goldie.

Don began his professional work as a teacher of the Alexander Technique in 1975. From 1985 to 1992 Don was the Class Co-ordinator for Marjorie Barstow's Summer Workshop in Lincoln, Nebraska on which this workshop is modelled.

Don's extensive background as an actor, singer, director and performance coach has provided the basis for the performance workshops that he has taught across the United States and Europe. In addition, his training and practice as a doctor of chiropractic have given him insight and experience into practical movement mechanics as well as an understanding of our structural needs.

He has created a specialised, modular training cycle focused on processes of personal development for those interested in pursuing a more intensive, directed study of Alexander and his work. The early modules in the training cycle are designed to provide students with all the information and instruction necessary for them to continue to learn this work on their own. The whole of the training cycle serves as a four-year training programme to become a certified teacher of the Interactive Teaching Method for teaching the FM Alexander Technique.
In addition, Don runs a four-year training course dedicated to training additional ITM trainers. Graduates from the 2012 trainers' course have now joined Don as trainers in the 2016 ITM training cycle. .

Booking Information

	Residential	Non-Residential*
Workshop Fees	€595	€537
Early-Bird Discount (full payment received by 15th May 2020	€572	€522
Student Discount** (limited number of concession places available)	€535	€517
Short Stays	€162 per day	€142 per day

* Meals and refreshments are included in both residential and non-residential options.

** There are a limited numbers of student concessions available for full-time students. Please apply early if you wish to be considered . Applications must be received before the 15th May 2020 , stating your college and course on the Booking Form.

Accommodation

The accommodation will be in Victoria Mills, Victoria Cross, Sunday's Well, Cork, which is just a short walk from the Western Gateway Building where the workshop will take place. Victoria Mills Accommodation contains contemporary, newly-furbished apartments with 3, 4 or 5 single bedrooms, all en-suite, and fully equipped with linen and towels. Each apartment contains a spacious living room/kitchen. There are a limited number of double bedrooms available on request. There is also a Common Room with internet access and a self-service laundry.

Booking

Your place is reserved once we have received your booking form and deposit payment.
Full payment is required by **Friday 5th June 2020.**

By mail: Please complete the booking form and return it with €150 deposit to:
Mary Shorten, ITMAT Ireland, New Inn, Glanmire, Co Cork, Ireland

Online: To complete an electronic booking form, go to -
https://www.itmalexandertechnique.org/ireland-summer-workshops

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

Booking from outside Ireland: We accept payment by euro bank transfer or international bankers draft.

Full payment is required by Friday 5th June 2020

Please note the 'early-bird' discount is valid only if full payment is received by 15th May 2020.

Class Schedule

	Friday 26th June	Saturday 27th June	Sunday 28th June	Monday 29th June	Tuesday 30th June
Morning		9 - 1	9 - 1	9 - 1	9 - 1
Afternoon	5:00 - 6:00 Registration	3:30 - 6:30	3:30 - 6:30		
Evening	6:00 Orientation Welcome Meal and Class			Scheduled Performance Time 6:30 - 10:15	

All classes will be held at the Western Gateway Building UCC. Friday's BBQ will be in Brookfield Health Science Complex UCC, and Monday evening will be held in CIT Cork School of Music.

Class Schedule

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 Mary Shorten
ITMAT Ireland, New Inn, Glanmire, Co Cork
Email: itmireland@gmail.com
Tel: +353 (0)86 2400 312

www.itmalexandertechnique.org
www.alexandertechnique-itm.ie

Online booking: https://www.itmalexandertechnique.org/ireland-summer-workshops

Photography: Brian Crow, Paul Deane, Paul Leonard, Gordon Plant, Brian Walsh. .

Booking Form

Title _____ Name(s) _____

(Please write your names as you would like them to appear on your name badge)

Address _____

_____

_____

Telephone _____

Email _____

Name of college and course if student _____

If you are applying for one of the student concessions, please give details of your studies above (full-time students only).

Accommodation

Non-residential _____ Residential _____ If residential, date of arrival _____

Date of departure (accommodation will not be provided on this date) _____

Accommodation is in 3, 4 or 5 bedroom apartments. If you would like to be accommodated with someone in particular (with their approval, of course), please let us know and we will try to accommodate you.

Special dietary needs

Vegetarian _____ Gluten/Wheat free _____

Do you have prior experience of the Alexander Technique? _____

If you have had lessons, please let us know how many and with whom?_____

_____

How did you find out about this workshop? _____

Deposit payment options* (€150 per person)

☐ a) I enclose a cheque for _____ payable to ITMAT Ireland

☐ b) Please contact me with payment instructions to make a bank transfer

☐ c) Book online at https://www.itmalexandertechnique.org/ireland-summer-workshops

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

Please return this form and your deposit to: Mary Shorten, New Inn, Glanmire, Co. Cork, Ireland.

Important information: This form and the details you have provided may be stored in paper form and/or digitally. This information may be used to contact you about ITM workshops, courses and events in the future. Your details will not be passed to any third parties. The organisers reserve the right to decline, amend or cancel any booking for this workshop.