



*You can
add more ease
to your life.
Look inside...*

*Barstow Summer Institute
Alexander Technique in the Heartland
1014 Boswell Avenue
Cretc, NE 68333*



**38th
Annual**

The Barstow Summer Institute

Alexander Technique in the Heartland



*Residential Seminar
June 23-30, 2012*

DOANE COLLEGE



Photo courtesy of Holly Sweeney

Non-Profit Organization
U.S. POSTAGE
PAID
Lincoln, Nebraska
Permit No. 1359

The Alexander Technique

The Alexander Technique is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. The Technique teaches the conscious use of the appropriate amount of effort for a particular activity. It is taught through delicate hands-on guidance, verbal instruction, dialogue, observation and sensory-motor learning. It is applicable to all daily activities and specialized skills.

Many renowned individuals have studied the Technique, including Victoria Beckham, William Hurt, Aldous Huxley, Hugh Jackman, Kevin Kline, Paul McCartney, Paul Newman, Mary Steenbergen, and Nikolas Tinbergen, recipient of the Nobel Prize for Physiology/Medicine, to name just a few.

What the Alexander Technique Can Do For You...

- ~ Reduce tension and stress in everyday activities
- ~ Improve posture, coordination and self-awareness
- ~ Allow for greater efficiency in movement
- ~ Help to relieve chronic pain
- ~ Aid in preventing injuries and fatigue
- ~ Improve skills in sports and athletics
- ~ Enhance performance skills (i.e. dancing, singing, acting, playing a musical instrument, athletics)
- ~ Increase effectiveness of hands-on teaching skills

The Barstow Summer Institute

The Institute continues a long tradition of summer Alexander Technique workshops established by master Alexander teacher, Marjorie L. Barstow (1899-1995), who was the first graduate of F. M. Alexander's training course in 1934. Since the early 1970s, students have gathered together from around the U.S. and abroad to experience the unique approach, including the pioneering of group teaching, that Ms. Barstow brought to teaching the principles of the Alexander Technique. Following in the tradition established by Ms. Barstow, the faculty is both innovative and practical in their teaching. The Institute teachers were trained by Marjorie Barstow during her over sixty years of teaching.

The Barstow Summer Institute is supported in part by an endowment from the Marjorie L. Barstow estate for the furtherance of her work and the teachings of F. M. Alexander.

THE ALEXANDER TECHNIQUE is endorsed by and is included in the curriculum of many major institutions including:

The American Conservatory; American Dance Festival; Brandeis University; The London Academy of Music and Dramatic Art; The Julliard School, Music and Theater Divisions; Manhattan School of Music; The Royal Academy of Dramatic Art, London; The Royal College of Music, London; San Francisco Conservatory of Music



The Course

This course is designed both as an introduction to the Alexander Technique for new students and as a continuing learning opportunity for those with prior experience, including teachers of the Technique. The emphasis of the course is both practical and theoretical, offering many opportunities to explore application and gain observation skills, while establishing a thorough understanding of the underlying principles of the Technique.

The sessions meet from 9 a.m. to noon for presentations, practice and small group work. The afternoon sessions present related seminars and performance classes. Also, optional evening events will be offered by the Institute staff and students.

A daily mentoring meeting enables students to discuss the sessions with assigned faculty, enhancing their learning process. One private lesson is provided to each student during the course.

Early morning classes in *Tai Chi Chuan* and afternoon *Feldenkrais® Awareness Through Movement* sessions are included in the daily schedule.

Feldenkrais®, Functional Integration®, and Awareness through Movement® are registered service marks of the Feldenkrais Guild® of North America.

The Faculty



DIANA BRADLEY, M.Ed., has been teaching the Alexander Technique since 1979. She completed a 13-year apprenticeship with Marjorie Barstow and had the opportunity to travel and teach with her internationally. Diana was a modern dancer for 10 years and has 16 years of training in Aikido, holding a 3rd degree black belt. She spent 11 years on the faculty of the Baltimore School for the Arts, working exclusively with theater students. Diana's private practice is in the greater Washington, D.C. area.



MARILOU CHACEY was introduced to M. L. Barstow's teaching while at Ohio State University. Marilou came to Lincoln, Nebraska, in 1974 to develop her skills as an Alexander teacher and has been teaching for over thirty years. An academic and professional background in dance/movement education and mental health attunes her to both kinesics and human understanding. Now teaching in Thousand Oaks, California, Marilou approaches change through the use of delicate self-discipline.



JANE CLANTON BICK, M.Ed., has been a teacher of the Alexander Technique for over twenty-five years. She began study with Marjorie Barstow in 1976 and apprenticed with Ms. Barstow in Nebraska for nine years. Jane maintains a private practice in Austin, Texas and teaches workshops around the U.S. She is involved in post-graduate Alexander teacher training, co-teaches a year-long foundation course and has an extensive background working in theatre performing arts.

STACY GEHMAN began studying the Technique in 1977, moving to Lincoln in 1980 to apprentice with M. L. Barstow. In 1986, he co-founded The Performance School in Seattle, where he is a teacher trainer. Stacy has been a student and practitioner of Tai Chi Chuan for decades. A physicist, he also works as a research engineer in medical instrumentation. In his teaching, he emphasizes the process of observation, thinking and experimentation in movement.



MIO MORALES began his study of the Alexander Technique in 1972 at Tufts University with Dr. Frank Pierce Jones. He began studying with M. L. Barstow in 1973. Mio currently works as a musician, composer, and producer in New York City specializing in composing scores for dance, theatre and film. He maintains an Alexander teaching practice in New York.



NANCY FORST WILLIAMSON, M.A., Director of the Barstow Institute, has been in the field of mind-body education for thirty-five years. A native Nebraskan, she began an on-going apprenticeship with M. L. Barstow in 1975 and is a teacher sponsor for Alexander Technique Int'l. She also trained with Moshe Feldenkrais in *Awareness Through Movement®* and *Functional Integration®*. Nancy's degrees focus on communications, aging, and human learning and response. She regards the Alexander Technique as an extraordinary avenue for development of conscious expression in thought and movement.



Note: There may be faculty changes and guest teachers. We offer a 1:6 teacher/student ratio.

The Site

Enjoy the beautiful, wooded campus of Doane College, in Crete, Nebraska. The 300-acre campus of modern and historic architecture, sited among lovely ponds, bridges, and winding paths, blends the classroom experience with the nature of eastern Nebraska. Meals are provided by Doane College. Participants stay in a comfortable, accessible, air-conditioned dormitory.



Crete (pop. 6,000) is located 25 miles southwest of Lincoln, and 80 miles west of Omaha off I-80. Lincoln airport transportation can be arranged on request.

For information on the Institute contact:
Nancy Forst Williamson at 402-432-9181
email: ATinfo@aol.com

For Lincoln airport shuttle arrangements contact:
Claire Cuddy at 1-800-333-6263 or 402-826-8226
email: claire.cuddy@doane.edu

Graduate credit available
NE Massage Therapist CEUs available
Student Scholarships available

For more information visit our website:
BarstowAlexanderTechnique.com



Registration

Name_____

Address _____

Phones_____

Email_____

Occupation/Special Interests/Needs _____

SEMINAR OPTIONS

7-day seminar: \$600 (\$550 if paid in full by May 14).
Full-time students: \$450 (\$400 if paid in full by May 14).
A \$200 deposit will hold your place until May 14.

ACCOMMODATIONS AND MEALS

(Rates include housing and on-campus meals from Saturday dinner through breakfast June 30th.) The seminar begins with dinner at 5 p.m. Saturday, June 23 and ends at 9 p.m. June 29.

☐ Single room + board \$390

☐ Double room + board \$320 per person
(Roommate's name _____)

I have enclosed \$_____ by:

☐ Check (payable to Doane College)

☐ MasterCard ☐ Visa

Card number: _____

Exp. date: _____ Card security code: _____

Card holder's signature: _____

For direct payment, contact Glenda at 402-826-8578 or email: glenda.kjolbede@doane.edu

Cancellations received in writing and postmarked on or before May 14, 2012, will receive a full refund minus a \$75 processing fee. For cancellations after May 14, the \$200 deposit is nonrefundable. There is no refund for cancellations less than one week prior to the starting date.

Please return this form to:
Nancy Forst Williamson
c/o The Barstow/Alexander Institute
8011 Dougan Circle
Lincoln, NE 68516 U.S.A.
or contact her at 402-432-9181