

# The Barstow Alexander Technique Summer Institute 2013

## The 39th Barstow Alexander Technique Summer Institute

June 8th to 14th  
Lincoln, Nebraska

*The Barstow Alexander Institute is supported by Doane College through an endowment from the Marjorie L. Barstow estate.*



In the tradition of Master Alexander Technique teacher Marjorie Barstow, the teaching at the Institute stresses “learning in activity” through a strong grounding in Alexander’s principles for movement re-education.

- 1 to 7 teacher-student ratio
- Small and large groups
- Unique group for Alexander teachers and trainees
- Mentoring and private work
- Tai Chi lessons daily
- *Feldenkrais Awareness through Movement* classes

The Institute will be held on the University of Nebraska-Lincoln campus. Apartment-style housing and meals on site.

**Register  
Now**

Nancy Forst Williamson  
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[www.barstowalexandertechnique.com](http://www.barstowalexandertechnique.com)  
Earlybird and student discounts available

- Experience the flexibility of dynamic posture
- Learn to move with ease and efficiency
- Reduce stress and tension
- Enjoy greater energy and comfort



From left: Nancy Forst Williamson, Stacy Gehman, Diana Bradley, Jane Clanton Bick and Mio Morales

All 2013 faculty trained with Marjorie Barstow and share her joyful and innovative approach to embodying Alexander’s principles



*“Whether you’re new to the Technique or even a teacher of it, this workshop offers multitudes of opportunities for learning. I enjoyed the care and personal attention of each teacher on staff”*

V.W., vocal coach, New Zealand