

The New York City Music Teachers Association/UFT

Together with

The Music Educators Association of New York City

Roberta Feldhusen and Sharon Golub, Co-Chairs

Presents

Releasing the Voice Within:

Alexander Technique for Musicians and Educators

Presented by Joan Arnold, M.AmSAT

Saturday, December 5th, 2015 9 AM-1:00 PM



Whatever your instrument, your body is its vehicle. Long recognized as a premier tool for performers, the Alexander Technique's accessible principles and practices can help musicians and vocalists at any level unlock their potential. As a young actor, F.M. Alexander created a method for unraveling his own unconscious habits in order to solve his vocal problem. When he did, he came to understand how intelligent body management clears the way toward free expression. This workshop will help participants experience and learn how to reduce excess tension to establish a foundation of ease for a more fully realized performance.

Joan Arnold has been a movement educator for over 30 years, teaching dance, exercise, Anusara yoga, Alexander Technique and Jessica Wolf's Art of Breathing. She currently teaches at Jaya Yoga Center, Kripalu Center for Yoga & Health and has a private practice on Union Square and Park Slope. Her articles on health, education and bodywork have appeared in national magazines. She has helped many professional musicians recover from strain and find new pathways of breath and release. Links to articles on her work with musicians: <http://www.local802afm.org/2005/01/marshalling-your-bodys-intelligence/> <http://www.local802afm.org/2000/07/poise-in-performance-alexander-technique-for-musicians/> www.joanarnold.com

Workshop Location: UFT Headquarters, 52 Broadway, New York, NY 10004 (check with security for room)
Workshop is \$10.00 with advance registration/\$15.00 at the door
MEANYC members get 1 Free Workshop
College Students no fee

A Continental Breakfast will be served at 8:30AM.

This Workshop satisfies 4 hours of Professional Development Credit...Forms Will Be Available at Workshop

Please fill in the slip below and return with your payment to:

NYC Music Teachers Assn/UFT, 50 Broadway, 10th Floor, New York, NY 10004

Space is limited so please register early!

Assume your registration is accepted unless you hear from this office. Registration is non-refundable

Releasing the Voice Within: Alexander Technique for Musicians and Educators, Sat. Dec. 5th, 2015

Name _____ Mailing Address _____

School/Boro/School Phone: _____ File # _____

Home Phone _____ Cell Phone _____ Non-DOE Email _____

Mobil Phone # for UFT Text Messages & Phone Calls (if applicable) _____

Yes I would like to receive occasional Text Messages from UFT (message and data rates may apply)

Please Check: Day School/Pedagogical _____ Elementary _____ JHS _____ HS _____ Paraprofessional _____ Retired _____ Per Diem _____ Other _____

Music Specialty Area: General _____ Choral _____ Band _____ String _____

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