

SURPRISING
ENGAGING
LIFE CHANGING

REFRESH YOUR APPROACH TO YOURSELF

LEARN THE ALEXANDER TECHNIQUE
MONTHLY CLASSES WITH TIMOTHY GORDON

WHAT IS THE ALEXANDER TECHNIQUE?

The Alexander Technique is a method of analysis, assessment and re-education. It addresses postural malfunctioning and teaches new ways to think in action. The principles of the technique promote change to the habitual way of doing things that may cause discomfort or have harmful long term effects. The technique works very much in aligning the skeletal body and gives directions to assist in creating ease and care while moving at work, daily life or within the demands of a specific profession.

It is a method that will assist you to move with greater freedom, balance and coordination, giving you , over time, greater satisfaction from life. It assists ergonomically in analysing repetitive movement and how best to manage yourself in a working environment.

The Alexander Technique teaches through the principle of allowing (non - doing) to create an ease and length through the spine and a widening of the ribs, shoulder girdle and back.

One major emphasis is on neck tension which can manifest throughout the body. By working on the relationship of head, neck and torso in a particular sequence you will allow the limbs to “unfix” and work for you rather than against you.

Any holding or restrictive patterns in movement and breath can be remedied, thereby helping to restore the body ’s own coordination and improve function. Use effects function.

Use effects functioning. Many ailments are improved using the Alexander Technique. Breathing difficulties, asthma, excessive neck and shoulder tension, headaches, anxiety, tension disorders, restriction in movement, back pain, all can improve with smarter movement and posture.

The Alexander Technique is not just about being at ease with oneself, but consciously directing oneself in everyday activity in order to protect and function at the most optimal level.

FREDERICK MATTHIAS ALEXANDER (1869 – 1955) was an Australian actor and professional reciter of dramatic compositions who developed his technique after developing major difficulties with his vocal use and for which traditional medicine could not find a cure. He discovered that his habits of reacting to a given stimulus affected his posture which in turn affected his vocal use. This discovery led him to further investigate the matter and he finally, after some years of self-analysis, defined his technique. This required a new and profound change in his thinking. He figured that what he had been doing with himself contributed to a malfunctioning of his total use. ALEXANDER overcame his vocal problems and commenced teaching his discoveries to others. He wrote 4 books expounding his ideas and practice. THE USE OF THE SELF (1932) is his most well-known book of his theories. The Alexander Technique is now respected and taught all over the world. While it is of special interest for people in the performing arts and those with a public profile, it is practiced by people from all walks of life.

TIMOTHY GORDON – Dancer, Choreographer, Dance Teacher

Timothy began practicing the Alexander Technique in Perth in (1992) while he was teaching and choreographing at WAAPA Edith Cowan University where he was also teaching movement to actors on the Theatre Degree. Hugh Jackman was one of his students at that time.

Timothy decided to investigate the Alexander Technique further and went to New Zealand to study with the gifted Israeli teacher, Zvi Lavie. He integrated the principles of the Alexander Technique into his choreographic language and teaching practice during the inauguration of COMPANY Z DANCE IN New Zealand in 1994.

Europe called. Timothy then went overseas to develop his dance career, and resumed his studies in the Alexander Technique in Switzerland. He qualified as a SVLAT – STAT teacher of the Alexander Technique in 1998.

Timothy has taught the technique in ballet schools, opera and dance companies, acting courses and acting degrees, privately and in group practice ever since. He received a research grant at Auckland University to explore the effects of the technique on dance training

(2001). He has taught the Alexander Technique discipline in many major academic and professional institutions in Europe, Asia, Australia and New Zealand.

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