

Introductory Workshop General Information

This small 2 hr workshop (max 12people) is intended to be informative, practical and fun. It is suitable for anyone new to the Technique, and is aimed at adults aged over 16.

The workshop is designed to be an introduction to the Alexander Technique. Learning the Technique takes time and practice and needs the guidance of a teacher until it is established, normally through one-to-one lessons. However people who attend the workshop find it a very useful experience in its own right, so it's a good place to start to see if you want to take it further.

The workshop is held by me, Hellie Mulvaney and a second teacher to assist. The venue is light, spacious and comfortable. Cold drinks and biscuits are provided at the break free of charge.

Content

There will be a mix of demonstrations, gentle and safe group activities, functional anatomy, and an opportunity for some hands-on work from teachers, finishing with a guided Alexander lie-down session. All participation is voluntary. Questions are welcomed. If you have special concerns, please contact me to discuss. eg: if you don't want to lie on the floor other arrangements can be made so you can still benefit. You will learn something new and essential about yourself and your body, and how the Technique can improve your life.

What to bring and wear

There will be a 15 minute guided lie-down session at the end of the morning, so if possible please bring a mat, towel or similar to lay on - if you can. The floor is carpeted. Secondly if possible please also bring a few slim paperback books to rest your head on (each book thickness 1 inch or so).

I will have some spare headrests and spare mats.

It is best to wear trousers because of the lie-down, and avoid over tight clothes. You will only need to take your shoes off when lying down.

Follow up

You will be offered a reduced price follow-up lesson with Hellie and/or the second teacher if you want one. You can also buy the CD of the 15 minute lie down for £4. (played at the workshop).

See the lessons page for more information about on-going lessons.

Directions by car

To find St Bartholomew's Church and Hall coming from the city centre, take the A367 going south, uphill, off the A4, at the roundabout where the railway arches over the road. The road is signed to Midsomer Norton and Shepton Mallet, called the Wellsway.

Go up the steep hill and take the second turning on the right into Oldfield Road. There are right-hand turn markings on the road (before you reach the top at Bear flat). Continue straight along Oldfield Road which soon forks, continue straight on and it becomes King Edward Road, after passing the Junction Road turning on the right. Follow the road down the hill about halfway, (not far) and St Bartholomew's church and hall annex are on the right hand side.

The parking is pot luck, it's free on the surrounding streets, spaces can be easier to find on a Saturday am.