

# Alexander Technique Urbana

## *Certified Teacher Training in the F. M. Alexander Technique*

608 E. Burkwood Court, Urbana, Illinois 217. 344. 5274 rbronec@synidetics.com

### Outline of Schedule & Course Fees

Trainees complete a total of 1600 hours over three years.

The course meets 9:00 – 12:00, Monday through Friday mornings, 35 weeks per year.

Trainees receive 25 private lessons over three years.

#### *Daily Schedule*

9:00- 9:45	Chair and/or Table Work
9:45-10:45	Game of the Week
10:45-11:00	Break
11:00-11:30	Game of the Week
11:30-12:00	Reading or Video

#### *Yearly Schedule*

- Fourteen weeks of class      Sept. / mid Dec.
- Eleven weeks of class        Jan. / mid March
- Ten weeks of class            April / mid June

#### *Time Off*

- One week break                Thanksgiving
- Three week break              Christmas Holidays
- One week break                mid-March
- Two and half-month break    mid-June/August
- Labor Day, Martin Luther King Day, Memorial Day

#### *Training Fees*

2009-2010 training year: \$5,530\*

- Fall term            \$2,170
- Winter term        \$1,760
- Spring term        \$1,600
- Trainees pay books, copies, field trips

\*A 3% cost-of-living increase is applied in January each year.

### Curriculum Notes

#### *Basic Procedures*

- Chair Work – the winter and spring terms will cover chair work.
- Table Work – the fall term will cover table work.
- Hands on the Back of the Chair – as described by Alexander in *Articles and Lectures*, *Man's Supreme Inheritance* and *Constructive Conscious Control of the Individual*.
- Positions of Mechanical Advantage -- in all activities, including lunge, squats, floor work, and application work.
- Breath Work - including whispered "ah".
- Specialized Activity – dependent on needs of those present.; Dart Procedures.

#### *Basic Reading*

- by F. M. Alexander:
- *Articles and Lectures*
  - *Man's Supreme Inheritance*
  - *Constructive Conscious Control of the Individual*
  - *The Use of the Self*
  - *The Universal Constant in Living*
- by Frank Pierce Jones:
- *Collected Writings*
  - *Freedom to Change*

#### *Anatomy Concepts*

- *Understanding the Human Body*, The Teaching Co.
- *Understanding the Brain*, The Teaching Co.
- *The Video Atlas of Human Anatomy* by Williams/Wilkins
- *Anatomy Trains* by Thomas Myers.
- *Skill and Poise* by Raymond Dart
- *Amazing Babies* by Beverly Stokes

#### *Additional Study*

- Papers are assigned each term, read and discussed.
- One book review per term is presented and discussed.

#### *Independent Study*

- Independent study is undertaken with the approval of the director up to 10% of the total hours or 160 hours.

#### *Third Year Trainees*

- Work opposite an instructor for chair or table turns.
- Give practice turns to fellow trainees.
- Teach practice students.
- Create a promotional piece.
- Supervised practice lessons with the director.

## Training Course Policies & Enrollment Agreement

Individuals interested in training are asked to attend the training course for a minimum of two days and have a private lessons with Rose Bronec and Rick Carbaugh.

Payment per term is due the first week of the new term. Trainees withdrawing prior to the start of the term, will receive a full refund. Trainees who withdraw after the first week of a term will not be refunded except in cases of personal emergency or in agreement with the director.

The first term of training is considered a trial period for both the trainee and the director.

Notification by phone, or in person, is requested when a trainee will be absent for the day. Absences beyond a total of ten per year must be made up through additional attendance on the training course, additional private lessons, and/or through Independent Study. Additional training hours and private lessons are at the trainee's expense.

Trainees will receive a verbal evaluation of their progress at the term's private lessons.

A one term leave of absence is allowed, if the trainee's personal circumstances warrant it.

Breaches in conduct that effect the operation of the training course, or that call into question a trainee's ability to responsibly teach the Technique on a professional basis, will be addressed privately. Dismissal is seen as a last resort.

Certification is given once 1600 hours of training is completed to the satisfaction of the director. In the event that a trainee does not meet the level of proficiency required, further study will be arranged between the director and the trainee prior to the second term of the third year of training.

Trainees are not to present themselves as teachers of the Alexander Technique until they have received written certification.

Complaints may be submitted to the director in person or in writing. If the complaint has not been resolved to the trainee's satisfaction, they may submit complaints to:

**American Society for the Alexander Technique**  
30 North Maple, Florence, MA 01062  
800-473-0620 413-584-2359

## About the Directors

**Rose Bronec** is a certified teaching member of the *Society of Teachers of the Alexander Technique (STAT)*, London, England and the *American Society of the Alexander Technique (AmSAT)*.

She co-directed at the *Urbana Center for the Alexander Technique* from 1991 - 1999 when she founded *Alexander Technique Urbana (ATU)* in the Fall of 1999.

Rose has been teaching the Technique since 1980. As an active member of *AmSAT*, she has served as Secretary, President and as Chair of Committees. She is a graduate of the *Chicago Center for the Alexander Technique* under the direction of Goddard Binkley with post-graduate study at the *Constructive Teaching Centre*, London, England.

**Rick Carbaugh** is a certified teaching member of the *American Society of the Alexander Technique (AmSAT)*.

Rick began his training with Goddard Binkley at the *Chicago Center for the Alexander Technique* in 1979 graduating 15 years later in 1994 from Joan and Alex Murray's *Urbana Center for the Alexander Technique (UCAT)*. He continued as a teaching assistant at *UCAT* for an additional four years before becoming a Faculty Member at *Alexander Technique Urbana* at its inception in 1999.

### Alexander Technique Urbana

*is approved by the*  
**American Society of the Alexander Technique**  
*to train and certify teachers of*  
*the F. M. Alexander Technique.*  
*This course is directed by*  
*Rose Bronec and Rick Carbaugh*

*Upon completion of the 3 year - 1600 hour training,*  
*graduates will be designated as*  
*Certified Teacher, Alexander Technique*  
*and eligible for teaching membership in AmSAT.*

*Thanks for taking the time to find out more about*  
**Alexander Technique Urbana.** *Choosing a training course is*  
*a very personal decision. We welcome your visit and the chance to discuss*  
*our training course and your future plans in greater detail.*

*For more information on the Alexander Technique,*  
*please visit our web site:*  
**[www.synidetics.com](http://www.synidetics.com)**