

# Alexander Technique Urbana

## *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 for 35 weeks per year.

Class is not held on the following three Mondays:  
Labor Day, Martin Luther King and Memorial Day.

Schedule for the year:

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

Breaks:

- One week break      Thanksgiving
- Three week break      Christmas Holidays
- One week break      Spring - March
- Two and half-month break      Summer - July/August

Cost over three years is \$15,225 total / \$5,075 per training year:

- Fall term \$2,030
- Winter term \$1,595
- Spring term \$1,450

In addition, trainees will be asked to bear the cost of books, copies and field trips-approximately \$100 per year.

Trainees will receive 21 private lessons over three years. There will be seven private lessons each training year – three in the fall, two in the winter, two in the spring.

**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 assisted by Rick Carbaugh*

### Curriculum Notes

#### *Basic Concepts*

Time each day will be allotted for reading aloud. The basic texts will be Alexander's four books plus his *Articles and Lectures*. A weekly paper on one of Alexander's writings or related materials will be scheduled for trainees and used for discussion purposes.

Other readings will consist of Jones' *Freedom to Change* and his *Collected Writings*; historical books and diaries, i.e. *Explaining the Alexander Technique*; Binkley, Carrington, Westfeldt, and related writings from Dewey and Carrington.

#### *Anatomy Concepts*

The basic 'texts' used for anatomy and physiology will be the video lecture series *Understanding the Human Body* produced by The Teaching Company and *The Video Atlas of Human Anatomy* produced by Williams and Wilkins. In conjunction with the lectures, trainees will use *The Anatomy Coloring Book* and *Anatomy Trains* by Thomas Myers.

Considerable time will be given to reading Dr. Raymond Dart's writings in *Skill and Poise* and exploring the Dart Procedures as developed by Joan and Alex Murray.

#### *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 – one or more weeks of active review each term, plus the Chair Exercise and Door Exercise as described by Alexander.
- Monkey - continuous use of 'monkey' as a position of mechanical advantage, while performing chair work, table work and application work.
- Lunge - continuous use of lunge as a position of mechanical advantage while doing chair work, table work and application work.
- Whispered "ah" - one or more weeks of active review each term.
- Specialized Activity – dependent on needs of those present.; Dart Procedures.

## Daily Class Structure

9:00- 9:45	Chair and/or Table 'Turn'
9:45-10:40	Game of the Week Fall Term: Table work; Winter & Spring Terms: Chair work
10:40-11:00	Break
11:00-11:30	Reading or Video
11:30-12:00	Game of the Week/Independent Study

### *Additional Study*

- Papers on Alexander's books and writings are assigned each term, read and discussed.
- Read and write reviews of one additional Alexander Technique, or related, book per term.

### *Independent Study*

- Independent study can be done on the premises or off the premises. If done away from the course, trainees enter name, time and type of study in the Log Book.

### *Third Year Trainees*

- Trainees will be informed when they can begin teaching practice students.
- Trainees will work opposite an instructor for chair or table turns for one term.
- Trainees will receive additional guidance, once a week, during the last half-hour of class for one term.
- Trainees bring a practice student to a lesson with the director, 2-3 times.

## 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 lesson and an interview with the Director, Rose Bronec.

Payment per term is due one week prior to the beginning of the 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. If at the end of that term, the trainee has found that ATU does not suit their interests, they are free to leave. In the same respect, at the end of the first term, the Director may ask the trainee to leave if there has been adequate evidence to support that decision.

Once accepted for training, only one 10% fee increase may occur during a 3 year course of training and only after completion of the first year. If a trainee needs to take a leave of absence, return will be based on available spaces on the training course.

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, or through additional private lessons during, or immediately following, completion of the three years. These additional training hours and/or additional private lessons are at the trainee's expense.

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 certified as a teacher of the Alexander Technique by the *Society of Teachers of the Alexander Technique*, London, England and a member of the *American Society of the Alexander Technique*.

She was a Co-Director at the Urbana Center for the Alexander Technique directed by Joan and Alex Murray from 1991 - 1999 when she founded Alexander Technique Urbana in the Fall of 1999.

Rose has been an active member of the American Society of the Alexander Technique serving as Secretary and President of the organization. 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. Rose has been teaching the Technique since 1980.

**Rick Carbaugh** is certified as a teacher of the Alexander Technique by the *American Society of the Alexander Technique*. He graduated in 1994 from the Urbana Center for the Alexander Technique under the direction of Joan and Alex Murray. Rick continued as an assistant at the Urbana Center for an additional four years.

For more information on the Alexander Technique,  
please visit our web site:  
[www.prairienet.org/alexandertech/](http://www.prairienet.org/alexandertech/)