

**Moving Voices
with Quiet Hands**
c/o Ruth Rootberg
478 Old Farm Road
Amherst, MA 01002

Address Service Requested

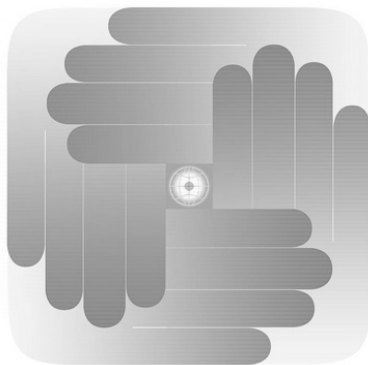
“We can throw away the habit of a lifetime
in a few minutes if we use our brains.”
F.M. Alexander

Moving Voices with Quiet Hands

A Weekend Alexander Technique Workshop For Voice Specialists

March 26-28, 2010

at the
Alexander Technique School
New England
94 Lessey Street
Amherst, Massachusetts



Faculty:
Ruth Rootberg
Christine Stevens
Michaela Hauser-Wagner

www.alexandertechnique.com/amherst

Why the Alexander Technique?

The Alexander Technique is known for its gentle, non-invasive yet instructive hands-on guidance, and its technique of self-care. Time and again people who study the Technique develop poise, natural grace, and stage presence. They overcome fear of performance, release areas of pain and tension, and become more flexible in their willingness to change habits and learn new patterns. Imagine developing these skills for you and the people you instruct.

Schedule

Friday Evening

7:00 – 8:00 Reception
8:00 – 9:00 Opening Seminar

Saturday

9:30 – 12:30 Workshop
12:30 – 2:00 Lunch on your own
2:00 – 4:30 Workshop

Dinner on your own
Possible group theatre event TBA

Sunday

9:00 – 11:30 Workshop
11:30 – 1:00 Lunch on your own
1:00 – 3:00 Workshop and wrap up



Areas of Learning:

- Principles of the Alexander Technique
- Alignment and its relation to voice production and breathing
- Constructive rest procedures
- Modeling non-reactivity
- Alexander’s whispered “ah”
- Maintaining poise during teaching and performing
- Positions of mechanical advantage while placing hands on others
- The Alexander style of touch



Participants will learn how to use their whole selves with greater ease and effectiveness. Learning will be supported with individual hands-on instruction from highly skilled AmSAT certified Alexander Technique teachers. Participants will learn how their work has more impact as they integrate Alexander principles. Group discussion and individual exploration will support individual learning.

This workshop is intended to help voice specialists begin to bring the principles of the Alexander Technique into their work and every day activities, but is not any part of a training course to become an Alexander Technique Teacher, which requires a minimum of 1600 hours of AmSAT-certified training over a 3-4 year period.

About the Faculty



Ruth Rootberg was certified as an AmSAT Alexander Technique teacher in 2003 and since then has accrued many hours of advanced training. She sang opera after receiving her M.M.

from the New England Conservatory of Music. Ruth was Associate Professor, teaching voice as a designated Linklater voice teacher at the Yale School of Drama. Also a Laban Movement Analyst, she has presented integrated voice and movement workshops for ATHE, SAPVAME (South Africa), the Voice Foundation, and AmSAT. Ruth has been a guest teacher of music, dance, and theatre departments in colleges and universities throughout New England.



Christine Stevens is a faculty member of the renowned Brown University / Trinity Rep MFA Program for actors and directors where she teaches the AT in Providence Rhode Island. A certified

teacher since 1992, Christine is also on the faculty of the Alexander Technique School

of New England and has taught the technique at UMASS Amherst and Marlboro College. She was a founding member of Hampshire Shakespeare Company and most recently founded the Village Theatre Co. She is an actress and voice over artist, and performs improv with local improv group the Ha Ha's.



Michaela Hauser-Wagner, a resident of Cheshire, CT, is a nationally certified Alexander Technique teacher and is also a graduate from and teaching member of the Alexander

Technique School New England in Amherst, MA. Before she came to the United States in 1991, she had graduated in Speech Language Pathology from the University of Tübingen, Germany and worked extensively as a speech therapist and voice clinician in Germany and Austria. Michaela teaches the Alexander Technique in Connecticut to individuals and small groups, including High School aged acting students, and continues to work with people who want to improve or heal their voice.



Lodging, Food, Fun

Amherst is fortunate to have many charming B&B's; some are even within walking distance of the workshop. Visit <http://www.amherstarea.com>, and select "visitor information" and then "lodging." Several restaurants are in the vicinity. We will notify registrants if there is a special group price we can get for a Saturday night show.



Directions to 94 Lessey Street

From the Mass Pike take I-91 to Exit 19 in Northampton. Proceed east on Rt. 9 towards Hadley and Amherst. Go about 6 miles (past several shopping centers) and then up a long hill to a traffic light at the center of Amherst. Turn left onto South Pleasant Street. Continue to the next light and take a right onto Main Street. Go 2 blocks and turn left onto Lessey Street, (police station on the right). Continue as Lessey Street bears right and goes up a hill. 94 Lessey is a Victorian house on the left. Park in the driveway or in town. If you go by train, Amtrak Station is within walking distance of the workshop.

Registration Form (please print)

Name _____

Address _____

City _____ State _____ Zip _____

Affiliation _____

Phone _____ Cell _____

E-mail _____

Workshop Fee:
\$235 received by February 15; \$285 after.

Cancellation Policy:
Tuition is refundable (minus \$25) if cancellation is received by March 15.

Mail your completed registration form and check (payable to Ruth Rootberg) to:

Moving Voices with Quiet Hands
c/o Ruth Rootberg
478 Old Farm Road
Amherst, MA 01002-2755

Questions?
RRootberg@comcast.net
413 687-7566

Class size will be limited to keep a low student-teacher ratio; early response is highly recommended.