Moving Voices with Quiet Hands

A Weekend Alexander Technique Workshop
For Voice Specialists

Offered Twice this Spring:
March 25-27, 2011
Nacul Center
592 Main Street
Amherst, Massachusetts

May 13-15, 2011
Ryder Hall, Boston
Hosted by
The Theatre Department of
Northeastern University

Why the Alexander Technique?
The Alexander Technique is gentle and non-invasive. With instructive hands-on guidance, students of this self-care technique develop poise, natural grace, and stage presence. They become more flexible in their willingness to change habits and learn new patterns of coordination. Imagine developing these skills for you and the people you instruct.

Participants in earlier Moving Voices with Quiet Hands workshops have been singers, singing teachers, speech language pathologists, actors, theatre voice teachers, and Alexander Technique teachers. Whether you are a beginner or advanced student of the Alexander Technique, this workshop will offer you more.

Tentative Schedule
Friday
6:30-7:00 Registration
7:00 – 9:00 Opening Seminar

Saturday & Sunday
9:00 Morning session
Lunch on your own
Afternoon session ends between 4-5 Saturday; between 3-4 on Sunday.
Schedule for your weekend will be announced once registration closes.

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 be instructed in fundamental thinking and non-doing procedures that can be applied during rest and activity. Learning will be supported with individual hands-on instruction from AmSAT certified Alexander Technique teachers. Participants will learn how they will become more effective as they adopt a non-doing attitude. 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.

www.alexandertechnique.com/amherst

Faculty:
Ruth Rootberg
Christine Stevens
Michaela Hauser-Wagner

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

Amherst: See Amherst Chamber of Commerce: www.amherstarea.com, or for just Bed and Breakfasts, go directly to: www.fivecollegebb.com. We suggest lodging in Amherst, Hadley and Belchertown will be the closest.

Boston: For lodging up to 3 miles from campus, see Northeastern University’s website: Visit Campus, “Places to Stay” www.northeastern.edu/admissions/visitcampus/stay.html.

Directions

Your registration will be acknowledged as soon as it is received. Directions to your workshop along with specific scheduling information will be sent via e-mail 7-10 days before your weekend.

Registration Form

I am registering for:
Amherst, March 25-27; Boston, May 13-15

Name__________________________
Address________________________
City______________State___Zip____
Affiliation_______________________
Phone__________________________
Cell____________________________
E-mail__________________________

Workshop Fee:
Early registration $250 received for Amherst weekend by February 14, for Boston by April 4:
Regular registration: $295

Cancellation Policy:
Full Tuition is refundable (minus $25) if cancellation notice is received one week before the start of the workshop.

Mail completed form and check 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

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