

ALEXANDER TECHNIQUE

Preregistration is suggested and is available on a first come, first-serve basis

Cannon Music Camp is pleased to offer courses in the Alexander Technique. This is an internationally respected method designed to increase performance ability through the discovery of ways to relieve patterns of excess tension and performance anxiety.

Students are asked to become active observers of their personal coordination by performing such simple activities as walking, sitting or talking. As they become aware of the habitual manner in which they do these simple tasks, they are guided to apply their new observations to more effective performance in music. As coordination improves they often experience new confidence in their performance potential. Once this groundwork is established, performance fears can dissipate. There will be no miracle, but a solid awareness of personal potential.

The student learns how the skeletal and muscular systems can function in ease and flexibility. By developing more constructive thinking and learning to note useless tensions within activities, the student is freed to allow personal style to manifest itself. Students are led to take personal responsibility for goals. By experiencing group sessions they give one another encouragement as to effective change. What better time, than in their youth, to take a deep look at habitual patterns of thinking and moving, which may become counterproductive to their experiences and/or to their careers in the field of music.

Instructors:

Corinne Cassini, is an adjunct faculty member at the Hayes School of Music. Ms. Cassini is an Alexander Technique teacher, cellist and a certified teaching member of Alexander Technique International (ATI).

Ingrid Forsyth, holds a BM in piano performance from the Hayes School of Music (2015). Ms. Forsyth will complete the 3-year training and apprenticeship in the Alexander Technique this June, qualifying her to teach the Alexander Technique and become a certified teaching member of ATI.

Luke Shaver, holds a BM in piano performance from the Hayes School of Music (2015). Mr. Shaver will complete the 3-year training and apprenticeship in the Alexander Technique this June, qualifying him to teach the Alexander Technique and become a certified teaching member of ATI

Preregistration is available & recommended: The total fee for this 3 week class, which meets twice-a-week (6 total classes), is **\$60.00**, and is payable in advance by a separate check.

- If you do not preregister, and space is available, you can sign up on registration day, or on Monday after camp begins.
- For this class, no cash or credit cards will be taken prior to camp and NO CREDIT/DEBIT card payments are available on registration day.
- All payments are due by the first Tuesday by 5 p.m. Credit Cards may be processed on the first Monday.
- If the camper's schedule does not allow time for this class, the camp office will destroy/shred your check.



Alexander Technique Class Registration

Please clip and return this portion with your **\$60** check payable to:

Cannon Music Camp

ASU BOX 32031 Boone, NC 28608

Preregistration begins May 14th. Checks must not be dated earlier than May 14th! Checks will not be deposited until we have confirmed enrollment on the first Tuesday of camp! One (1) check should be written per class, please do not combine multiple payments (classes/lessons) on to one check. No cash or credit/debit cards will be taken prior to camp or on registration day.

Camper Name: _____ Date: _____

PRIMARY AREA OF PERFORMANCE: (ex; voice, trumpet) _____

(Administration Use Only) Check _____ Cash _____ Credit Card _____