

Registration 2018

Name _____

Address _____

Phone _____

E-mail _____

Briefly describe your experience with the AT:

Tuition and Payment

Early Registration \$260 by April 25

Registration \$300 by May 25

Late registration \$340 after May 25

Amount Enclosed _____

Make checks payable to and mail to:

Pamela Bartlett
ATA Summer Courses
44 Harlow Avenue
Northampton, MA 01060

Confirmation will be sent via e-mail.

Questions?

pam@pambartlett.net

Refund Policy:

Withdrawal up to 1 week prior
(request received by June 15), full refund.
Withdrawal June 16–21, full refund less \$30
cancellation fee.

Withdrawal after June 22, no refund.

FACULTY



Pamela Bartlett graduated from the Alexander Technique School of New England in 1995. A graduate of the Hartt School of Music, Pamela performed in CT and MA as a freelance violinist and teacher for many years. She currently teaches in Northampton, MA and has presented workshops for musicians at local colleges and community music centers.



Ruth Rootberg trained with Missy Vineyard and has enjoyed teaching the Alexander Technique since 2003. She taught Linklater voice, sang opera and concert, and acted on stage. Ruth has presented all around the United States. She is the author of *Living the Alexander Technique*, a set of interviews with senior teachers. A second volume will be published

Space is limited. Preference will be given to students who have had Alexander Technique lessons. Beginners will be offered a reduced rate with either Pam or Ruth for up to two private lessons prior to the weekend.

Being ~ Breathing ~ Becoming

ALEXANDER TECHNIQUE AMHERST

Since 2012!

Summer Courses 2018

June 22–24

Hadley, MA

Presented by

AmSAT certified teachers:

Pamela Bartlett
Ruth Rootberg

For Students of All Levels

ALEXANDER TECHNIQUE AMHERST

SUMMER COURSES 2018

Friday, June 22 7-9pm
Saturday, June 23 9:30-3:30
Sunday, June 24 9:30-3:30*

The Alexander Technique Amherst Summer Weekend Course offers an in-depth experience to deepen your practice of the Alexander Technique.

Friday evening we will get to know each other and slide into the work.

Saturday and Sunday you will enhance your skills through personal instruction, observation of self and others, and group discussion. We will spend time with procedures such as chair, monkey, or lunge to help you improve your ability to attend to your head/neck/back relationship and increase your understanding of your use and coordination. You will also have one private lesson during the weekend for a more individualized learning experience.

This immersive weekend offers you a unique opportunity to plumb the depths of inhibition and direction, the important cognitive skills of the Alexander Technique. Inhibition and direction become your essential tools as you learn how to decrease tension, pain, and fear, thus reducing their harmful effects and enhancing your coordination and freedom.

Once again we return to the campus of the beautiful Hartsbrook School, in the midst of rolling farmland with spectacular views of the Holyoke Range.

Join us this June in Hadley for a special opportunity to learn with others who share your interest and enthusiasm for the Alexander Technique as you strengthen your skills in a supportive group setting.

PRAISE FOR ATA SUMMER COURSES

"I loved the small classes and that the students changed in each, a nice way to get to know each other and learn from others. Everyone was very open and kind!"

"I was not sure what to expect. Thrilled to come away with practical applications and new techniques!"

"I felt that all the components of the workshop blended together into a relatively 'complete' experience of the Technique."

"Once again, the [teachers] bring great insight and generosity of experience to a beautifully structured workshop."

"This workshop is the best thing that I do for myself."

"Because of the teachers and the subject matter, a true spirit of generosity emerged."

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Alexander Technique Connection

***Schedule and Faculty subject to change**