

The University of North Texas College of Music presents

THE ALEXANDER TECHNIQUE

Two-day Workshop for Singers and Instrumentalists

July 8-9, 2011

Learn how to:

- **perform with comfort and ease**
 - **reduce tension and effort**
- **improve posture and coordination**
 - **improve breathing**

You can:

- **stop creating unnecessary tension and effort**
 - **use your whole body in a new way**

The Alexander Technique has been popular among musicians for over 100 years. Today it is taught in many conservatory and university programs. Musicians who have studied the Alexander Technique include Sir James Galway, Sir Colin Davis, Sir Adrian Boult, Julian Bream, Yehudi Menuhin, Alan Titus, Renee Fleming, Sir Paul McCartney, and Sting.



Faculty: **Phyllis Richmond, Certified Teacher of the Alexander Technique**, teaches through the University of North Texas College of Music and also offers private lessons in Dallas and Arlington.

- Master Class format emphasizes individual attention
- Classes meet in the School of Music at the University of North Texas in Denton, TX.
- Classes meet 3-6 pm Friday July 8 and from 10 am-5 pm on Saturday July 9.
- Students must be at least 18 years of age to participate.
- Tuition: \$150 Full-time Student Tuition: \$100
- Housing and Meals available on campus

For more information contact Phyllis Richmond 214-769-4502 or pgrichmondAT@gmail.com

Registration Form for the Alexander Technique Workshop Summer 2011

Name _____ Fee: \$150
Address _____ Full-Time Student Fee: \$100
City _____ State _____ Zip _____ Auditors: \$75
Phone _____ E-mail _____ Housing available on campus
Are you a singer, instrumentalist, or conductor? *For housing reservations: 940-565-3998*
Your instrument: \$ _____ **Total Amount Enclosed**

Full-Time Students: What school do you attend? Do you have a disability for which you require special accommodations under ADA/504? Yes No
Requests must be on file by June 20, 2011

Registration must be accompanied by check or money order (no credit cards) payable to "University of North Texas" for a nonrefundable deposit of \$80.00. Mail this form and payment by 6/30/11 to: Summer Alexander Technique Workshop, College of Music, University of North Texas, P.O. Box 311367, Denton, TX 76203-1367

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