

Centre for Continuing Education

Voice and the Alexander technique

Michael Stenning

The Alexander technique has been helping singers, actors and orators for 100 years with breathing, relaxation, strain-free projection, resonance and posture. This is a brief introduction to unlocking the voice.

Class limited to 8 participants.

Michael is a musician who used the Alexander technique to rehabilitate his playing and resume his playing career after it was interrupted through the effects of tension and stress. He subsequently trained as a teacher of the Alexander technique. Michael now has twenty years' full-time experience of teaching the Alexander technique. He is a qualified member of the Australian Society of Teachers of the Alexander Technique (AuSTAT). Teachers of the Alexander technique have undergone a three-year full-time training or equivalent. For relaxation Michael now conducts a choir.

DATES/TIMES: 10am-1pm Saturday 8 November

FEE: \$90 *no discount*

COURSE LOCATION: The venue for this course can be found on your tax invoice/receipt (under "Course Information"). Please allow enough time to locate your course venue on the first evening.

"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"

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