

The University of North Texas College of Music presents

THE ALEXANDER TECHNIQUE

Two-day Workshop for Singers and Instrumentalists

August 1-2, 2015

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 Senior Teacher of the Alexander Technique**, teaches at the University of North Texas College of Music and offers private lessons in Dallas TX and Evanston IL. She has taught for many schools and professional programs in the US and abroad.

- Master Class format emphasizes individual attention
- Classes meet in the School of Music at the University of North Texas in Denton, TX.
- Classes meet 10 am - 5 pm on Saturday August 1 and Sunday August 2.
- Students must be at least 18 years of age to participate.
- Tuition: \$175 Full-time Student Tuition: \$125
- Housing and Meals available on campus

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

Registration for the Alexander Technique Workshop Summer 2015:

• Register online at <https://music.unt.edu/connect/alexander-technique>

• Or register by mail with this Registration Form:

Name_____ Fee: \$175

Address_____ Full-Time Student Fee: \$125

City_____ State_____ Zip_____ Auditors: \$85

Phone_____ E-mail_____ \$_____ **Total Amount Enclosed**

Are you a singer, instrumentalist, or conductor?

Your instrument:

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 July 20, 2015

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 7/15/15 to: Summer Alexander Technique Workshop, College of Music, University of North Texas, P.O. Box 311367, Denton, TX 76203-1367

Housing is available on campus. *For housing reservations please call: 940-565-3998*

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