

The University of North Texas College of Music presents

# ***THE ALEXANDER TECHNIQUE***

## ***Two-day Workshop for Singers and Instrumentalists***

**June 30-July 1, 2018**

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, Andre Previn, Renee Fleming, Sir Paul McCartney, Alex van Halen 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 - 4 pm on Saturday June 30 and Sunday July 1.
- Students must be at least 18 years of age to participate.
- Tuition: \$199 Full-time Student Tuition: \$155
- Housing and Meals available on campus
- Register online at [app.getacceptd.com/untmusicworkshops](http://app.getacceptd.com/untmusicworkshops)

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