

A week's intensive in Ireland.

"Come to quiet".

Living the technique Miss Goldie's way: Learning to stop, and stop, and stop....; reprogramming your nervous system; finding a stronger clearer self.

With Penelope Easten

Monday 5th to Monday 10th September 2016.

**Full details of the workshop & payment options below,
Or at <http://alexandertechniqueinfo.org/at-teachers-zone.html>**

"Pupils come to you to learn from you the quality of your life. If you have not been living your life well, you cannot put that right with ten minutes lying down." Goldie to me.

What you teach and how you live are one. But do any of us live the technique as fully as we would like? **This intensive aims to give you the tools, experience and practice to integrate the technique more fully into all aspects of our lives.** To come more deeply into ourselves as the person we truly are; to develop further the presence that draws people to us and makes them want what we have.

We will explore how to integrate true stopping, coming fully present, making real choices, into every day tasks of cooking, shopping, eating and socialising together, as well as in exchange work and with unknown pupils. Often the technique has been taught in isolation: we look after ourselves, then look to the task or pupil, then back to ourselves; in then out then in again. We will look at being in all these levels simultaneously in all we do.

But **true stopping brings up our "stuff"**. We rush to avoid feeling or facing this, which is why we find it so hard to stop and come present. We will first learn a set of **grounding and boundary tools**, to find our stronger self, not so easily knocked sideways by small happenings. We will also explore a **series of emotional tools** to help with feeling loved and part of the group, ways to clear emotional turmoil, both present and past, especially before sleeping, and how to speak truth safely.

So **this intensive will also be about relationships**, and the pressures they put on us, both our relationship with tasks and our environment, and also relationships with people. We will explore the pressures of the week, physical or social, as they come up. Because most people find that **being around people is the hardest area to keep our good use going**, we will look at speaking, and **how not to lose ourselves as we speak**, either being drawn into the other away from ourselves, or to be drawn away from the other by thinking as we speak. And can we still have fun and enjoyment through all this?

Come to Ireland and play! To explore staying present, grounded, holding space for ourselves and the other, in all we do.

Penelope came to the Technique in 1983; then trained at the North London School. After qualifying in 1989 she worked with Miss Goldie for four years, who stripped away everything she had learnt, and rebuilt it as she saw the technique should be - a scary process! She now lives & works in County Clare, Ireland. She has been giving one or two day workshops on Miss Goldie's work since the Oxford Congress in 2004 in UK, Ireland & Germany, & most recently at the Limerick International Congress. The Emotional tools are mostly her own, though some techniques are classic methods but with the body added in. They were developed over many years through working on her own stuff, then exploring its potential with Alexander pupils when they could not stop. They were first presented to teachers as the two-day Emotions Toolbox workshop.

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Day schedule.

Each day we will pair up to cook breakfast, lunch, dinner, or clear away for the group. Each pair will decide how best to allocate time for this.

8.00 - 9.00 breakfast.

9.30 - 12.30 workshop, exploring different tools and ideas, (with tea break).

1.00- 2.00 lunch.

2.00 -4.00 walk, rest, shop, explore, swim....

4.00 - 4.15 tea break.

4.15 - 6.15 work exchange. Unknown pupils provided, two per day.

6.15 - 6.30 conscious emailing / texting / phoning home....

6.30 - 7.30 dinner

7.30 - 9.00 Emotional tools and clearing issues of the day.

Week schedule:

Monday: 12.00pm - 5.00pm arrival.

6.00-7.00 Dinner

7.00-9.00pm welcome, and grounding and boundaries tools for the week.

Tuesday: review of Goldie's teaching as I understood it: mind in the brain, being conscious throughout the body, seeing with depth perception and peripheral vision, coming to a true stop. Finding our fully alive hands, applying all these to simple tasks. Applying this to cooking and conscious eating. Hello to your inner child.

Wednesday: breath in the body, whispered Ah for full presence in and out, speech. Emotional clearance techniques.

Thursday: walking, finding full presence in movement. Integrating moving and speaking. Speaking truth safely.

Friday: day trip to Lahinch Beach and the Cliffs of Moher: enjoying each other and the environment, with the stimulus of, probably many, strangers.

Saturday: taking full consciousness in and out into activities of your choice: computing, gardening, housework, sports, playing music, singing, presenting Staying quiet and alive throughout, finding the body's true strength, sensitivity and intelligence. A consideration of time. More inner child work, clearing the past.

Sunday: more activities and / or work exchange all day. Unknown pupils provided for all participants. Keeping present, holding space. Emotional check-in and closing circle.

Monday: departure.

The details:

Dates: Monday September 5th to Monday 12th.

Accommodation: three options.

- A. large room with two double beds,
 - B. small room with single bed and mattress on floor (this room has its own loo),
 - C. two tents in garden each with two separate bedrooms.
- Please give order of preference! (eg A, B, C)

Food: vegetarian and vegan wholefood, dietary restrictions catered for, please specify. Because this week will be about quietening your nervous system and coming away from your emotional props, it is suggested that you do the week without coffee or stimulants. There will be macca, green tea, matte tea, and proper decaf. to help with withdrawal symptoms as needed. Also an option to avoid sugar too if you can take it!

Numbers: strictly limited to eight participants.

Eligible: all AT teachers and third year students.

Location: the course will run from our house, which overlooks Loch Derg in East Clare. Set in nearly 2 acres of garden, paddocks, orchard and conifer forest, there are walks from the house both up the hill with wonderful views, and down to the lake. Nearby walks also include woods with ancient wood remnants, and steep hill walks (more amazing views). Sightseeing and shopping locally in historic Killaloe or picturesque Mountshannon. The day trip will visit the famous Cliffs of Moher, and Lahinch, a surfers' and swimmers' beach.

Cost: early bird discount €650 if booked before 15th August, €750 full price, to cover the week's tuition, food and accommodation. Concessions available if needed, please ask.

Deposit: a deposit of €100 secures a place. The balance to be payable a month before the workshop, or in two instalments, half then, and the balance at the start of the workshop. Full refund up to one month before, after that deposits are not refunded.

Getting here. Ryanair do cheap flights into Shannon and Dublin airports. Both have cheap and frequent bus links to Limerick, and we can collect from there or from Shannon itself. We are just outside the village of Ogonneloe, between Scariff and Killaloe in East Clare, 50minutes by car from either Shannon airport or Limerick city, and about 3 hours from Dublin. There is no nearby public transport. We will collect people in groups, any time on Saturday up till 5pm. After 5pm people will need to get a taxi, around €60. Please do arrive by 7pm at the latest.

To book, or for more information, email Penelope at penelope.easten@gmail.com or ring 00353 61 923904. **Please check there is a space for you before sending your deposit.**

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