

## COME TO QUIET, WORKSHOP 2.

An experiential weekend workshop based on the teachings of Miss Goldie.

Open to all Alexander teachers and students

With Penelope Easten

Berlin, Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> May 2017.

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

**Natural breathing is profoundly relaxing, centring, integrating & strengthening. It reaches to our organs and core, and can bring deep, fast changes for yourself & your pupils.**

Miss Goldie worked alongside Alexander for thirty years. He highly regarded her work.

! This workshop aims to convey her key teaching, as I understood it:

How to *“come to quiet”*, a deeper level of inhibition, from which life can flow, and the brain sorts out the task itself.

! **Working on ourselves in this way was what FM really wanted of us: we can be much more proactive in what we can bring about for ourselves than is usually taught.**

**We start with reviewing workshop 1 material, for past participants and newcomers:**

- ! Coming to a true stop in which the brain stops all pre-preparation,
- ! using mind in the brain and eyes seeing out in the world,
- ! while staying fully present throughout the body,
- ! to get out of our own way, and back into relationship with the world,
- ! From this place **an entirely new way of carrying out an action can come about**, and life can flow.

**Through this we discover how to observe our breath without interfering.** This may explain why breathing is mostly not explicitly taught now in the technique, yet was where FM began.

**By applying this deep quiet to breathing and the mechanics of the body, we find a level of integration, dynamic strength, naturalness and aliveness,** that was seen with the first-generation teachers and has largely been lost since.

**Discover a fuller picture of oppositions that make up our body geometry**, that Goldie and FM were using. These were not explicitly passed on, & bring much greater precision to our work. Instead of releasing the body we are reintegrating it. **Apply all this to monkey, squat, sitting, lifting and walking. Also explore some of the first generation procedures** I encountered, that seem to have been lost; and which, as I observe, most teachers cannot do.

**We will discuss the science and anatomy behind all this, in an accessible way!**

**Full handout of all procedures given, plus audio files of breathing meditations.**

**Facilitator:** Penelope Easten. **web:** [www.alexandertechniqueinfo.org](http://www.alexandertechniqueinfo.org)

Language English, time allowed for clarifying meaning together if needed!

**PRIVATE LESSONS also available, on Tues 16<sup>th</sup> May, and Weds 17<sup>th</sup> 45mins. 8am -4pm, Place: simio, Studio für Alexander-Technik, Grunewaldstraße 84, 10823 Berlin-Schöneberg, Price €50.**

**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! Penelope has been giving workshops internationally on Miss Goldie's work since 2004, including the Oxford and Limerick Congresses. She now lives & works in County Clare, Ireland.

## **WORKSHOP DETAILS**

**Workshop organiser: Annedore Kleist.**

**Date:** Saturday 13th May and Sunday 14th May 2016

**Time both days:** 10am - 5pm

**Venue:** AZAT Berlin Erkelenzdamm 59/61 10999 Berlin, 3. Hof links, Portal 3A

**Eligible:** All teachers and students of Alexander technique

## **PAYMENT DETAILS:**

**Price:** Early bird price €130 if booked and paid for by 30<sup>th</sup> March.

€150 for bookings after 30<sup>th</sup> March.

**Deposit:** €40 to secure a place.

**Please check availability first with Annedore**

**To send a payment:** using Paypal or credit card, please go to

[www.alexandertechniqueinfo.org](http://www.alexandertechniqueinfo.org) & click SHOP.

**Balance:** Cash at the workshop.

**Cancellation policy:** Full refund available up to March 30<sup>th</sup>. 50% after that date.

## **CONTACT DETAILS**

**Contact Annedore:**

Email: [annedorekleist@web.de](mailto:annedorekleist@web.de)

Phone: +49 (0)179-1173655

**Penelope's website:** [www.alexandertechniqueinfo.org/at-teachers-zone.html](http://www.alexandertechniqueinfo.org/at-teachers-zone.html)