

The Alexander Technique- Demystified

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Debi Adams, ATI Certified Alexander Technique Teacher
dadams@bostonconservatory.edu

Some Alexander Technique Resources:

DebiAdamsAT.com -- My website with information about the Boston Conservatory programs as well as my personal musings about AT.

AlexanderTechnique.com -- A clearing house for AT information. You will find links to videos, podcasts, teacher lists, articles and much more.

The three videos I used are available on Youtube.com.

Search for :

“Marjorie Barstow working with Musicians.” (You will find several)

“Juilliard and Alexander Technique”

“Michael Serio and The Alexander Technique”

Suggested Reading on The Alexander Technique:

Piano and The Alexander Technique (available on my website) by Deborah Adams

Body Learning by Michael Gelb (a friendly introductory book on AT)

Indirect Procedures by Pedro de Alcantara

The Alexander Technique: A Practical Introduction by Richard Brennan

Freedom to Change (previously published as **Body Awareness in Action**) by Frank Pierce Jones.

Related Topics:

Mastering the Chopin Etudes and Indispensables of Piano Playing by Abby Whiteside

The Art of Practicing by Madeline Bruser

Alanfraser.net -- Information on the Feldenkreis Method and piano technique

Freeing the Caged Bird- video by Barbara Lister-Sink (pianist and MTNA member) and Glenna Batson (AT teacher)

Wellbalancedpianist.com -- This work, while rooted in Taubman Technique, offers an “integrated approach that puts technique in its proper perspective, at the service of the music.” It is directed MTNA member Teresa Dybvig.