

ALEXANDER TECHNIQUE

Body. Breath. Being



ALEXANDER TECHNIQUE FOR SINGERS WORKSHOP

Presented by
TAMPA BAY NATS CHAPTER
State College of Florida
Music Building on Bradenton Campus
September 28, 2013
10 a.m.-3p.m.
\$20 TBNATS Members \$25 non-members
\$10 Students with ID
Lunch included

Registrar: Jennifer Cawley jjcawle@verizon.net Deadline: September 25

An introduction to the Alexander Technique designed to help **singers** discover and gradually eliminate harmful patterns in the use of their bodies, and to develop better use that facilitates coordination, efficiency, increased energy, and injury prevention.

The workshop will include group participation and partnering. The teacher will also work with several volunteers in front of the group to help them incorporate Alexander Technique principals into their physicality while performing. Participants should bring an exercise mat or beach towel to lie down with, and wear comfortable clothes (pants are recommended).

Presenter: Ya-Ju Lin

Ya-Ju Lin is a dancer, choreographer, and a certified Alexander Technique teacher. As a dancer she has performed professionally with the Chicago Opera, the Metropolitan Opera in New York City, and the Lyric Opera of Chicago. Ya-Ju Lin has taught modern dance, ballet, dance conditioning and injury prevention, choreography, improvisation and the Alexander Technique at The University of Tampa, Millikin University, the University of Illinois, and in Taiwan. Currently she teaches the course Alexander Technique for Musicians at The University of Tampa, a required course for all applied voice majors and music education majors in the music program.