

March 1, 2013

Dear Friends and Colleagues,

I originally created these private and semi-private refreshers because teachers were expressing a need to address their individual problems, either within themselves or with their teaching. Since there are three of you, please help me prepare for the upcoming refresher by reflecting on the areas of your teaching that you need help. Below are a few questions to get you started, but don't feel limited by them. We can work on anything!

Then, three to five days before the refresher, please send me your questions and comments. I'm sure some will overlap with another attendees. In this way, I can organize our time and work toward addressing your individual needs. Remember, there is no right or wrong here, only learning.

Jump Start Questions for Areas of Work/Play

Are you experiencing any problems with your own use, such as aches, pains, injuries?

Are there any activities that you typically engage in that present difficulties for you? Sports? Children? Musical instrument? Acting? Other?

Are any of your students difficult to teach? Due to their physical problems? Due to their personality? Due to _____?

Are there specific aspects of teaching that you want to review or learn more about? Please be specific.

Do you want to review or learn more about the Dart Procedures? If so, any particular reasons?

Other material that you may be working on and that is applicable to our work?

Also, please be prepared to share with one another what you are learning as a teacher of the Alexander Technique, no matter how simple. As teachers, we are developing our observation skills. Both our success stories and our failures offer valuable material. Let's learn from one another.

Yours Sincerely,

Rose Bronec