

# Postgraduate Program

## Course Details

### Teaching in Groups

Group Teaching is an art unto itself. The tools that are so effective in teaching individuals rarely translate to successful group teaching. Learn how to create non-hierarchical, interactive, experiential, teaching containers which allow the students to deeply explore the fundamental principles of the Work and their own patterns and habits.

This is an ideal way to build your practice!

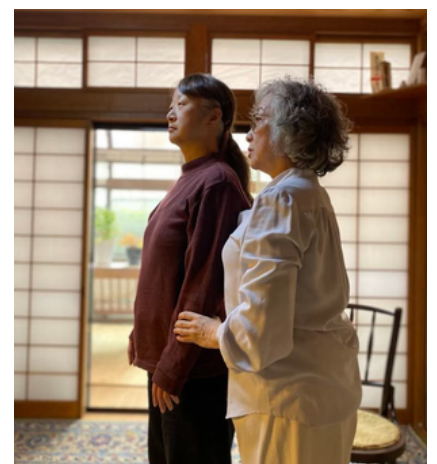


### Teaching thru Activities

Learn to teach the Principles while people do whatever they do. Discover how to work effectively with students while they play instruments, do martial arts, dance, ride horses, ride bikes, juggle, chop veggies, do handstands - whatever it is they love to do. Learn how to use your hands and verbal cues in a wide variety of ways, to successfully teach people in activity.

### Teaching thru Situations

Situational Teaching is designed to offer the student an opportunity to practice using the Principles of the Work in the moments they need it the most - when they are in their real life situations. It's very different to notice how you speak in the studio with an Alexander Teacher, versus being in front of an audience waiting for you to speak. Learn how to create a situational experience, and when and how to add verbal cues and hands-on information, to create an opportunity for your student to practice how they can access the Principles, even under stress.



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### AT Games & Etudes

Learn the basics about designing and crafting etudes and games that will work for groups of 2, 20, 200, or even 2000. Why use a game? What are the essential ingredients of a successful game? How do you create an experience where the student will be telling you about the Principles, based on their own experience of the game?



The skill of crafting AT Games for groups, is one of the most practical and useful business tools for anyone wanting to build or boost their AT practice.

### Non-Hierarchical Teaching Forms

Through an experiential exploration of various teaching forms (for example, how we set up the room, how we use space and time, assumptions attributed to the teacher's role and the student's role, power dynamics, access to knowledge, etc), we will discover the pros and cons to our current habitual forms, as well as try out new choices.

### A New Palette of Hands-On Tools



Teaching in Activities, Situations, and Groups all require a very different, much broader range of hands-on skills. Each session you will learn new ways to use your hand skills, including DAFFULL (spacial orientations), 10 Paintbrushes (using varied surfaces of your hands and body), 12 directions in 2 hands (simultaneous directionality), Webbing (touching everywhere from anywhere), touching layers (accessing different physical and mental systems), Falling In & Out (differing volumes), and more.

### Templates for Building your Practice

Throughout the course, we will share templates for building your personal practice, attracting the students you are interested in working with, and specific ways to increase public awareness of the Work in your communities. We all do better when we all do better. Collectively we can each support the growth of the Work in the world.