

Balance Education

With Wolfgang Weiser, Sweden

Workshop for Alexander teachers and advanced students

CTC, London 24th November 2018, 10.30 -17.30



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To educate our balance with the principles of the Alexander Technique

We will simply investigate the basis of our balance, relate to balance as a function of intelligence (Carrington) and study the aspect of dynamic organisation. This practical workshop will provide you with new ideas and experience about coordination, communication and cooperation. The basic idea is to use activities that are unfamiliar to the participants as i.e. juggling to give them the chance to work with the Alexander Technique as psycho-physical education. Regarding the abilities of participants we will explore balancing when juggling, on the balance board or on the tightrope.

Fee: £90/students £55. Private lessons will be available at CTC on 25th Nov. SPEC. OFFER: Workshop lesson £110/75. For booking contact Cait: constructiveteachingcentre@gmail.com



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WOLFGANG WEISER, S trained in England and Germany between 1993-97. He is an international recognized AT teacher working at AT-training courses as well as giving workshops for teacher development. He has taught the AT at the Theatre University of Stockholm and worked with dancers and musicians all over Sweden. Prior experience includes working as an actor, performer, dancer and juggler since 1984. He also holds a BA in Theatre & Circus and MA in education, researching about movement formation in educational science as well as running a residence project on the Island of Gotland, where he is also giving summer course. For further information: <http://www.alexanderteknik.weiser.se>