

# Summer @ EASTMAN



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## ALEXANDER TECHNIQUE FOR MUSICIANS

**June 25-29, 2018** (limited to 6 students)

**Katie Fittipaldi, AmSAT, instructor**

Alexander Technique is an educational method used by musicians worldwide to enhance practice and performance, prevent injuries and pain, and to overcome performance anxiety. The course includes:

- **21 hours of class time** to explore Alexander Technique
- **3 private lessons**, tailored to your interests and needs

*"I've learned principles that will greatly improve my performance and teaching. Katie is very enthusiastic and creates a safe learning environment."*

**—2017 participant**

FOR MORE INFORMATION GO TO:  
**summer.esm.rochester.edu**  
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