

# SECOND SESSION ADDED!



## Alexander Technique for Musicians

June 24-28, 2019 OR July 8-12, 2019

(limited to 6 students per session)

**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 learned about myself and my musicianship in an unexpected but life-changing way. Mapping the body and learning the science behind why we do what we do in body and mind was helpful to my performance, my enjoyment practicing, and my non-musical life too!"*

—2018 participant

FOR MORE INFORMATION GO TO:

**[summer.esm.rochester.edu](http://summer.esm.rochester.edu)**

[summer@esm.rochester.edu](mailto:summer@esm.rochester.edu)

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