

The New York City Music Teachers Association/UFT together with
 The Music Educators Association of New York City (Barbara Novick, President)
 (Co-Chairs Sharon Golub and Roberta Feldhusen) present:



**Releasing the Voice Within:
 Alexander Technique for Musicians and Educators**

Presented by Joan Arnold, M.AmSAT

Saturday, December 5th, 2015 9am-1pm

Continental Breakfast 8:30am

Whatever your instrument, your body is its vehicle. Long recognized as a premier tool for performers, the Alexander Technique's accessible principles and practices can help musicians and vocalists at any level unlock their potential. As a young actor, F.M. Alexander created a method for unraveling his own unconscious habits in order to solve his vocal problem. When he did, he came to understand how intelligent body management clears the way toward free expression. This workshop will help participants experience and learn how to reduce excess tension to establish a foundation of ease for a more fully realized performance.

*Joan Arnold has been a movement educator for over 30 years, teaching dance, exercise, Anusara yoga, Alexander Technique and Jessica Wolf's Art of Breathing. She currently teaches at Jaya Yoga Center, Kripalu Center for Yoga & Health and has a private practice on Union Square and Park Slope. Her articles on health, education and bodywork have appeared in national magazines. She has helped many professional musicians recover from strain and find new pathways of breath and release. **Read more about Joan Arnold and her work with musicians:***

<http://www.local802afm.org/2005/01/marshalling-your-bodys-intelligence/>

<http://www.local802afm.org/2000/07/poise-in-performance-alexander-technique-for-musicians/>

www.joanarnold.com

This workshop satisfies 4 hours of Professional Development Credit (forms available at Workshop).

LOCATION UFT Headquarters, 52 Broadway, NYC 10004 (check with security for room)

COST Workshop is \$10.00 with advance registration/\$15.00 at the door.
 MEANYC members get one free workshop. No fee for college students.

PAYMENT Please complete slip below and return with your payment to:
NYC Music Teachers Assn/UFT, 50 Broadway, 10th Floor, NYC 10004
 Space is limited so please register early! Assume your registration is accepted unless you hear from this office.
 Registration is non-refundable.

UFT PROFESSIONAL COMMITTEES <http://www.uft.org/committees>
 50 Broadway, 10th Floor, New York, NY 10004 | 212.598.7772 | uftprofessionalcommittees@uft.org

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Music Specialty Area: General Choral Band String

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