



POISE ALEXANDER
TECHNIQUE
STUDIO

Embodied Hands - workshop 14-15 April 2018

Warm up - Musical chairs

1. Permission from Mission Control: engaging primary control
2. Rock and roll: sit bones and hip joints
3. Standing with integrated spine
4. Standing with elevated arms
5. Walking via arms from behind - Standing via arms from behind
6. Back to front: one hand stand (from side)
7. Zombie: standing via arms from in front
8. Shall we dance? Choose your partner ...
9. Do the Twist: supinated spiral standing
- 10. Pronated hands - sitting spirals from fingertips: too little vs too much tone**
11. Variations on interference - psycho-fizz
12. Fingertips to spiral standing
13. At the instrument

EPX: Arm raises: statue of David, Liberty and Marc Antony

Principles: Central to peripheral - General to specific / balance of tone /
Leading edge / Complete process / directing / psycho-physical unity