

CanSTAT  
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## CanSTAT Member Update – Newsletter #3, 2016

May 31<sup>st</sup> 2016

Dear CanSTAT Member,

This letter is an update from your Executive Council to let you know what we've been working on for you, and to share more Alexander Technique related news.

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### NEWS FROM CANSTAT COUNCIL

#### CanSTAT AGM

The 2016 CanSTAT AGM was held on May 28<sup>th</sup>. We had 44 voting members present (out of 61) in groups, individually, or by proxy. Please note our **2017 AGM** is scheduled for **Sunday, May 7<sup>th</sup>**, 1:00 pm EST (10:00 am PST). Please reserve the time in your calendar to attend next year's AGM; your active participation is greatly appreciated and needed to run our organization. Thanks to all those members who participated this year!

#### CanSTAT Technology upgrade (Update your contact info)

As noted in the AGM, Council has recently gained approval as a Not-for-profit corporation with Techsoup Canada (<http://www.techsoupcanada.ca/>). Among other benefits, this has given CanSTAT free access to Google Non-profits business supports including the whole google apps suite of products and technical support. As such, CanSTAT has new legit e-mails. Please update your contacts!

- President: [president@canstat.ca](mailto:president@canstat.ca)
- Secretary: [info@canstat.ca](mailto:info@canstat.ca)
- Treasurer: [treasurer@canstat.ca](mailto:treasurer@canstat.ca)

#### Electronic Logo Available

Did you know there is an electronic version of our CanSTAT logo for members' use and free download? Use this logo on your website, hand-outs, and any other promotional material to easily communicate your training and certification as a professional, qualified Alexander Technique Teacher in Canada.

To download this from our CanSTAT website:



1. Go to Canstat.ca
2. Simply click on the “members only” section.
3. Login info:  
User name: CanSTAT  
Password: ATCCC
4. Click on the logo and download the version you like best!

\*Please note that there is also access to our bylaws on this page.

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### **MORE ALEXANDER TECHNIQUE RELATED INFO**

#### **Attached – Information on Alexander Technique studies in Greece**

Penny O'Connor, MSTAT, has asked us to forward information about studying the A.T. in Greece. The information is attached.

#### **Attached – Request for A.T. stories for a research project**

Maria Vahervuo (Amsterdam) and Ellen Bierhorst (Cincinnati) are A.T. teachers currently doing research into unexpected psychological changes resulting from studying the Alexander Technique. They request your input. A word document is attached with links to their website.

#### **Book Review**

Alexander Technique Book Review, by Heather Walker, CanSTAT

[Living the Alexander Technique: Interviews with Nine Senior Teachers](#)

By Ruth Rootberg, M.AmSAT

I recently had the chance to read “Living the Alexander Technique”, a collection of interviews with senior Alexander Technique teachers by Ruth Rootberg. These interviews focus on ageing and the use of the Alexander Technique as a tool to deal with the restrictions or limitations that come with the ageing process. As a compilation, the book includes a lot of variety - including different styles of conversation which vary from matter of fact responses to rambling life stories.

Ruth Rootberg discusses similar ideas about the Alexander Technique with each teacher, but there were many different responses that were as individual as each person being interviewed. I personally liked the questions that evolved around direction; exploring the different ways teachers direct and how they think of directing as different from ordering and inhibition, for example. It was interesting how differently each teacher described their process working on the same thing - some verbally, some with traditional Alexander phrases, some in

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images, and some saying they don't direct at all. In that instance, the person described just "noticing doing", stopping it off, and then direction happening as a result, by itself. My personal favourite was from Jane Heinrich, describing her versions of direction as more visual and kinesthetic than verbal. I enjoyed her description of directing through the eyes and with spirals, as I often think this way myself. I also agreed with her insistence on finding our own language of directing that works for us, so that we are not just repeating someone else's words that could become A.T. "jargon."

Because the interviews are with senior A.T. teachers, the book also includes tidbits about the evolution of teaching lineages and training course standards which I also found interesting. Anne Battye describes some of the early work establishing STAT's moderating system for training courses in the 1990's. She talks about panels of senior teachers trying to come up with workable ways of evaluation, establishing internal & external assessments, and her interactions with student trainees in the schools. It gave a glimpse into something that is still a challenge for the Alexander community as a whole.

I also just liked reading about certain moments that highlight the individuality of each senior teacher, and of course which reflects back to the individuality of all Alexander Teachers in general. I chuckled when Elizabeth Walker, at the age of 98, got up in the middle of the interview to demonstrate her squats. I was interested in how Frank Ottiwell described the technique as new and fresh for him, now that he is powered by necessity due to the effects of ageing.

I enjoyed the variety in the interviews, but found that it also contributed to the book being a little disjointed, as many compilations might have a tendency to be. However, there are many great moments and snippets in this book, and I recommend it as a way into further discussions about the role of the Alexander Technique in ageing.

Living the Alexander Technique, available NOW:

<https://store.collectivecopies.com/store/show/ofc14>

&

<http://amzn.to/1f5hvej>

For bulk orders of more than 5, contact Steve: 413 992-7408 or [levellerspress1@gmail.com](mailto:levellerspress1@gmail.com)

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Member of the American Society for the Alexander Technique (AmSAT)

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Wishing you all the best in the Alexander Technique!

Sincerely,  
Heather Walker

On behalf of CanSTAT Council-

*Gabriella Minnes Brandes (President)*

*Heather Walker (Secretary)*

*Mark Vasak (Treasurer)*