



CanSTAT Member Update – Newsletter #1, 2016

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January 20th, 2016

Dear CanSTAT Member,

Happy New Year! This letter is an update from your executive Council so that you know what we have been working on and to share with you any Alexander Technique related news.

Updates from the Executive Council

Council is working to increase communication with its members. As such, we will be re-establishing our newsletter on a more consistent basis.

CanSTAT Council will be sending out four, quarterly digital Newsletters this year. If possible, we will also send additional 'mini' updates including information regarding workshops or other pertinent news in between. We hope you have been finding the e-updates helpful so far!

If you have news or announcements for CanSTAT members, please let us know so we can include them. Also **don't hesitate to contact us** with ideas, suggestions, or to volunteer for a committee.

CanSTAT Facebook Page

CanSTAT is in the process of re-building and determining best practice for the direction of our Facebook page. Much thanks to Alison Jane Taylor for volunteering to steer the page, and for her work in laying the initial framework as noted below. Here are a few details to get us started:

<https://www.facebook.com/Canstat/>

How will it work?

- The Facebook page will be a publically accessible page viewed by Alexander Technique teachers, students, and the general public. Anyone interested in sharing thoughts, materials, and experiences pertaining to the Alexander Technique may find this page useful.

What can I post?

- Please keep posts respectful, on topic to the Alexander Technique, and please limit promotion and advertising to ideas promoting the Alexander Technique in general, rather than self-promotion. If you do have upcoming workshops or activities you would like to share with the CanSTAT community or public to know about through the Facebook page please get in touch with info@canstat.ca so we can facilitate this.

How can I help make the page more dynamic?

- LIKE the CanSTAT Facebook page!
- Sharing CanSTAT posts on your professional page (i.e.: Alison Jane Taylor: Certified Alexander Technique Teacher, as opposed to my personal/private page)
- Posting content to the CanSTAT page: links to articles about the Technique, studies, AT blogs, commenting on posts on the CanSTAT page, answering questions, furthering dialogue between teachers/students/public in a respectful manner, posting Alexander Technique YouTube videos.
- Ask questions, ask for feedback from those who like our page (i.e.: I'm taking on a 30-day constructive rest challenge! I'll post short updates here once a week. Who's with me?)

Allison Jane Taylor-

"I see this page as a way to increase CanSTAT's web presence and promote engagement through social media. We can connect with other societies via Facebook by liking and sharing their posts. We can find our way onto news feeds and make ourselves known to people who may otherwise not hear about us or the Technique. ...I must stress that I'm NOT super proficient using Social Media to enhance my practice, but I'm learning....I don't want to take on monitoring every post or replying to every post. (So) Ideally the page would take care of itself with the help of maybe 5 other CanSTAT members who could help with sharing/liking/replying. "

If you're interested in helping Alison promote the Alexander Technique through our Facebook page please get in touch with info@canstat.ca!

Call for Book Reviews and links to articles

Are you reading an Alexander Technique book that is interesting? Or have you found some online articles that are helpful? Please help us by sending in a one-paragraph book review of an Alexander Technique book or article that you've read, so we can share it with other members. Don't forget to include full reference information, so that others know how to find it.

Study by Inga Bronowski: Alexander Technique and Self-Regulation

Please find attached a summary in English of:

“Alexander Technique and Self-regulation, The effects of the Alexander Technique on competency and efficiency of self-regulation.” Summary of a study by Inga Bronowski. This was requested to be forwarded to you by Irmel Weber of ATVD. Her contact email address is: irmel.weber@alexander-technik-verband.org

Note from AuSTAT (Australian Society of Teachers of the Alexander Technique): An Invitation to the Australian Conference – July 2016

The 2016 AUSTAT conference will be held from July 29th-31st, 2016, at the Abbotsford Convent in Melbourne. The keynote speaker is Dr. Theodore (Ted) Dimon, founder of the Dimon Institute, New York. Dr. Dimon will lead the conference theme, drawing on his extensive experience with the Alexander Technique, human anatomy and with particular reference to his new book, *Neurodynamics: The Art of Mindfulness in Action*.

The conference will be open to the Alexander Technique community, along with medical and allied health professionals, educators, pain management specialists and all interested parties. Presentations and workshops will include those of general interest to both teachers and non-teachers as well as those focused on the interests of Alexander teachers and trainees. We have booked three rooms, one for work exchanges and two others from which concurrent sessions can be run.

To complement the theme we are calling for expressions of interest to undertake a 45-minute presentation or a 1.5-hour workshop. All submissions should be forwarded to Karen Nankervis, info@austat.org.au by Monday February 29th. Upon selection of submission to present, presenters will receive a \$50 reduction in their conference fee. Travel and expenses remain at the presenter's cost.

Early bird prices for the 3-day conference are:

Conference Attendees \$395 (Full price \$445)

AUSTAT Members: \$345 (Full price \$395) AUSTAT trainees and full time tertiary students will always pay the discounted rate of \$295 with an early bird discount of \$240

Register at: <http://austatconference2016.eventbrite.com.au>

Wishing you all the best for a new year full of the Alexander Technique!

Sincerely,
Heather Walker

On behalf of CanSTAT Council-

Gabriella Minnes Brandes (President)

Heather Walker (Secretary)

Mark Vasak (Treasurer)