

# ALEXANDER TECHNIQUE

## Interactive Teaching Method



ITM Summer Workshop 2025  
UNIVERSITY COLLEGE CORK  
20th- 24th June

# Interactive Teaching Method Summer Workshop 2025

The ITM Alexander Technique is a powerful tool for change. It can help you learn how to achieve continuing improvement in your standard of mental and physical performance.

Considered to be of fundamental importance in the training of performance artists and sports people, it is also a unique approach to self-development and personal transformation.

This workshop is designed to provide you with inspirational guidance and instruction in how to apply the principles and practices that make up Mr. Alexander's work for yourself.

This fascinating, fun and fulfilling approach to learning can teach you how to make increasingly better use of your time and energy, how to face the demands of modern living, and how to free yourself to discover and realise your dreams.

*"Physically, mentally, and emotionally – studying the Alexander Technique with ITM continues to improve my quality of life."*

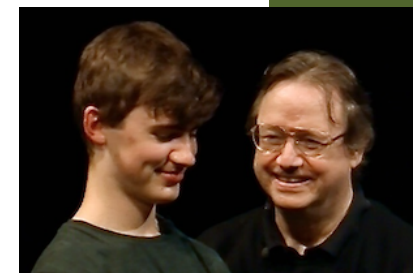
*"An overwhelming life-changing experience."*

The 2024 Summer Workshop will be led by two ITM trainers, Aingeala De Búrca and Mary Shorten, who will be joined by a team of ITM trainers and teachers. During the summer workshop, over twenty-five hours of classes will be offered, consisting of large groups alternated with smaller more personal groups. We have found that class participation which combines the process of observing other students' lessons with discussion and asking questions, creates an ideal and balanced learning environment. An added bonus for residential participants is the synergy created by spending time in a community of people dedicated to learning about Alexander and his work.

The workshop is open to all, whether you are completely new to the work, a returning student keen to learn more, or an Alexander Technique teacher or trainee interested in encountering and interacting with different points of view. Whatever your previous experience, we would be delighted to have you join us.

*"Now I would never wish to return to the self-imposed limitations I lived with before."*

*"I have never laughed so much in my whole life."*



## Workshop Venue

The workshop will take place in the Western Gateway Building at University College Cork, close to the banks of the river Lee, a pleasant walk or short bus ride away from Cork's historic city centre on the south coast of Ireland.

Established in 1845, the college is an exciting blend of old limestone buildings and new modern conference facilities set in mature grounds. A charming riverside walk extends throughout the main campus. It is a most attractive location with its proximity to Cork's city centre's shops, restaurants, pubs and numerous places of historic interest.

The Mardyke Arena, located within a short walking distance, offers a superb range of sports and exercise facilities including a 25m pool and three modern gymnasiums, three sports Halls, Squash Courts, a Climbing Wall, Fitness Centre and 8-Lane Athletics track.



As one of Ireland's major cities, Cork is accessible by all major modes of transport. There are direct flights to Cork airport with Aer Lingus from many European destinations including London and Bristol, and connections available from most European and US destinations through Dublin airport. The Aircoach bus connects Dublin airport directly with Cork's city centre. Trains from Dublin's Heuston station are direct and frequent to Cork's Kent station, just a few miles from the College, and take approximately three hours. Cork is also accessible nationwide with Bus Eireann buses. Bus times between Dublin and Cork are approximately four hours.

*"It is a delight to watch people grow, shine and truly surpass their previous sense of their own potential."*



## Don Weed (1950 – 2022)

*"Witty, wise, insightful and compassionate, Don was able to bring out the best in everyone."*

*"...an inspiring teacher who encouraged you not to limit yourself."*



Don Weed began his study of the Alexander Technique in 1971 with Marjorie Barstow in Lincoln, Nebraska. He also studied with Frank Pierce Jones and Margaret Goldie. He began his professional work as a teacher of the Alexander Technique in 1975.

Don developed a unique approach to teaching F.M. Alexander's work, based on his in-depth study of Alexander's writings, and his knowledge of anatomy and modern educational theories, which he presented through the lens of the most up-to-date developments in Success Education and personal development.

In 1993, Don established the Interactive Teaching Method for the purpose of training teachers in this unique approach to teaching. The ITM is now an international network of teachers, all trained to teach Alexander's work for the purposes of self-improvement and personal development.

The ITM is a specialised, modular training course which focuses on processes of personal development for those interested in pursuing a more intensive, directed study of Alexander and his work. The early modules in the training course are designed to give students the information and instruction necessary for them to continue to learn this work on their own. The whole of the training course provides a four-year programme which can lead to certification as a teacher of the Interactive Teaching Method for teaching the Alexander Technique.

From 2012 until his death, Don taught an Advanced Teacher Training Course for ITM teachers. The ITM Trainers are graduates from this course, and are now responsible for continuing the training of teachers. In addition, ITM trainers take the lead on all ITM Summer Workshops.



# Booking Information

Workshop Fees	Residential	Non-Residential*
	€725	€565
Early-Bird Discount (if payment is received by 9h May 2025)	€650	€540
Student Discount** (limited number of concession places)	€580	€525
Short Stays	€190 per day	€162 per day

\* Meals and refreshments are included in both residential and non-residential options.

\*\* There are a limited numbers of student concessions available for full-time students. Please apply early if you wish to be considered. Applications must be received before the 19th May 2025, stating your college and course on the Booking Form.

## Accommodation

The accommodation will be in Victoria Mills, Victoria Cross, Sunday's Well, Cork, which is just a short walk from the Brookfield Health Science Building, where the workshop will take place. Victoria Mills Accommodation contains contemporary, newly-furbished apartments with 3, 4 or 5 en-suite bedrooms, fully equipped with linen and towels. Each apartment contains a spacious living room/kitchen. There is also a Common Room with internet access and a self-service laundry.

## Booking

Your place is reserved once we have received your booking form and deposit payment. Full payment is required by **Friday 30th May 2025**.

By mail: Please complete the booking form and return it with €150 deposit to:  
Mary Shorten, ITMAT Ireland, New Inn, Glanmire, Co Cork, T45 C921, Ireland

Online: To complete an electronic booking form, go to -  
<https://www.itmalexandertechnique.org/ireland-summer-workshops>  
We will contact you with payment instructions upon receipt of your electronic booking.

Booking from outside Ireland: We accept payment by euro bank transfer or international banker's draft.

## Full payment is required by Friday 30th May 2025

Please note the 'early-bird' discount is valid only if full payment is received by 9th May 2025.

# Class Schedule

	Friday 20th June	Saturday 21st June	Sunday 22nd June	Monday 23rd June	Tuesday 24th June
Morning		9 - 1	9 - 1	9 - 1	9 - 1
Afternoon	5:00 - 6:00 Registration	3:30 - 6:30	3:30 - 6:30		
Evening	6:00 Orientation Welcome Meal and Class			Scheduled Performance Time 6:30 - 10:15	

All classes will be held in the Brookfield Health Science Building UCC. Friday's BBQ will be in the same location, and Monday evening will be held in MTU Cork School of Music.

## Class Schedule

The structure of this Summer Workshop allows us to cater to and design classes that are appropriate for beginners, returning Alexander Technique students, and teachers.

This flexibility in class structure and group composition also allows us to accommodate the various lengths of attendance by students, whether they stay for one or two days, or the whole workshop. We highly recommend attending the full workshop as there is a tremendous benefit to be gained by having the whole experience.

Over the years we have found that groups made up of students with different levels of experience is the very best way for every student to learn how to apply the work for themselves regardless of their previous standard of accomplishment or background.

For more information, contact Mary Shorten  
ITMAT Ireland, New Inn, Glanmire, Co Cork T45C921  
Email: [itmireland@gmail.com](mailto:itmireland@gmail.com)  
Tel: +353 (0)86 2400 312  
[www.itmalexandertechnique.org](http://www.itmalexandertechnique.org)  
[www.alexandertechnique-itm.ie](http://www.alexandertechnique-itm.ie)  
Online booking: <https://www.itmalexandertechnique.org/ireland-summer-workshops>.  
Photography: Brian Crow, Paul Deane, Paul Leonard, Gordon Plant, Brian Walsh.

# Booking Form

Title \_\_\_\_\_ Name(s) \_\_\_\_\_

(Please write your names as you would like them to appear on your name badge)

Address \_\_\_\_\_

\_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Name of college and course if student \_\_\_\_\_

If you are applying for one of the student concessions, please give details of your studies above (full-time students only).

## Accommodation

Non-residential \_\_\_\_\_ Residential \_\_\_\_\_ If residential, date of arrival \_\_\_\_\_

Date of departure (accommodation will not be provided on this date) \_\_\_\_\_

Accommodation is in 3, 4 or 5 bedroom apartments. If you would like to be accommodated with someone in particular (with their approval, of course), please let us know and we will try to accommodate you.

## Special dietary needs

Vegetarian \_\_\_\_\_ Gluten/Wheat free \_\_\_\_\_

**Do you have prior experience of the Alexander Technique?** \_\_\_\_\_

If you have had lessons, please let us know how many and with whom? \_\_\_\_\_

\_\_\_\_\_

**How did you find out about this workshop?** \_\_\_\_\_

**Deposit payment options\*** (€150 per person)

☐ a) I enclose a cheque for \_\_\_\_\_ payable to ITMAT Ireland

☐ b) Please contact me with payment instructions to make a bank transfer

☐ c) Book online at <https://www.itmalexandertechnique.org/ireland-summer-workshops>

\* If you cancel your booking, we reserve the right to retain your deposit.

Please return this form and your deposit to: Mary Shorten, New Inn, Glanmire, Co. Cork, Ireland.

**Important information:** This form and the details you have provided may be stored in paper form and/or digitally. This information may be used to contact you about ITM workshops, courses and events in the future. Your details will not be passed to any third parties. The organisers reserve the right to decline, amend or cancel any booking for this workshop.