

# Alexander Technique



ITM Summer Workshop 2024  
Kloster Höchst/Odenwald  
19th – 23rd July

# Summer Workshop 2024 with the Interactive Teaching Method

The ITM Alexander Technique is a powerful tool for change, which can bring about lasting improvements in physical and mental performance. It can be used to enhance a person's co-ordination and well-being in everyday tasks, as well as in more specialised activities, such as music, dancing or sport. From its very beginning in the early 20th century, the Alexander Technique has been used both to solve problems and to help us find simpler solutions than we are currently using.

In this workshop, the participants will be given instruction and guidance for putting Alexander's principles and ideas into practice.

This workshop is designed to give participants inspirational guidance and instruction in how to apply the principles and ideas that make up Alexander's work for themselves.

At the same time, there will be plenty of freedom and inspiration for a personal, individual learning process. We can learn more about ourselves as well as about the natural laws which govern all kinds of movement.

By means of this method, we can use our time and energy more effectively and open up opportunities to fulfil our potential and reach our dreams.



*"I've changed in all areas of my life, even ones where I thought I couldn't change myself. My first workshop was just the beginning."*



Four ITM trainers, Christina Meier, Dalia Jasiukeviciene, Adrian Bourner and Stefan Welsch, will lead the 2024 Summer Workshop and will be supported by a team of ITM teachers.



During the Summer Workshop, teaching will be offered both in the big group as well as in smaller, more personal groups. This gives the participants many opportunities to experience other people's lessons actively, to ask questions and to deepen their own learning process.

In addition, being together with a group of people who are all interested in Alexander and his discoveries is a catalyst to participants' individual learning.

The workshop is open to everyone, whether

- you are completely new to the work,
- you are a returning student keen to learn more, or,
- you are an Alexander Technique teacher or trainee who would like to accept or continue the challenge of encountering and interacting with new points of view.

Whatever your experience, we would be delighted if you come and join us.

*"Learning the Alexander Technique was one of the best things I've ever done. I was particularly surprised by how much I could learn by interacting with others during the breaks."*



## Don Weed & ITM

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

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



**Donald L. Weed, D.C.**  
(1950-2022)

**Dr. Donald L. Weed** studied the Alexander Technique with Marjorie Barstow, one of Alexander's students, from 1971-1973 and with a number of other teachers, first and foremost Margaret Goldie and Frank Pierce Jones. All of these teachers studied with F.M. Alexander himself.

Don's professional work as a teacher of the Alexander Technique began in 1975. He developed a unique approach to teaching Alexander's work by combining his findings, derived from in-depth study of Alexander's books, with his extensive knowledge of anatomy, modern educational theories and personal development.

In 1993 Don founded the Interactive Teaching Method (ITM) with the purpose of training teachers in this extraordinary approach to teaching the Alexander Technique. Today, ITM is an international network of certified teachers whose purpose it is to teach Alexander's work for continuous selfimprovement and personal development. In addition, Don developed a specialised, four-year modular training cycle. The early modules provide students with the information necessary for them to learn Alexander's work on their own. In this training cycle, the focus lies on each individual course participant's further development and is particularly suitable for those who wish to intensify their studies of Alexander's work.

As well as the four-year training cycle to become a certified ITM teacher of the Alexander Technique, from 2012 until his death, Don taught an Advanced Teachers' Training Course for certified ITM teachers. The ITM trainers who have successfully completed this course are now responsible for the continued training of ITM teachers. Furthermore, in future, ITM trainers will run all the ITM Summer Workshops.

## Workshop Venue



To the south of Frankfurt/Main and east of Darmstadt lies Höchst/Odenwald in the state of Hesse, on the border with Bavaria. Surrounded by Breuberg Castle and the Veste Otzberg, Kloster Höchst (Monastery) conference centre is located in the middle of the charming landscape of the Hessian Odenwald. The building is built on the site of a former Augustinian convent and has been run by the Protestant Church in Hesse and Nassau as a youth education centre since 1962. The extensive outdoor area offers plenty of space for activities and relaxation.

At an altitude of 200 to 400 metres, wonderful mixed forests with well-marked hiking trails invite you to take relaxing walks. Numerous burial mounds in the surrounding forests provide evidence of very early settlement in the area.

The conference centre is surrounded by greenery and yet is conveniently and centrally located. It can be reached by car or railway from Frankfurt/Main in less than an hour.

Rail travellers should travel to Höchst/Odw. station. The walk from there to the monastery takes about 10 minutes.

Address:

Kloster Höchst

Kirchberg 3

64739 Höchst im Odenwald

Telephone: +49 (0)6163-9330-0

(The car park is located at Frankfurter Straße 16.)

Further information at:





## Information about registration & accommodation

	Residential single ensuite room (4 nights)	Residential double ensuite room (4 nights)	Residential multi-bed (3-4) ensuite room (4 nights)	Non-Residential (4 days)
	Price includes tuition, accommodation, all meals and refreshments			Price includes tuition, lunch, dinner and refreshments
Workshop Fees	775 €	735 €	720 €	605 €
Early bird discount <small>(full payment received by 5 May 2024)</small>	745 €	705 €	690 €	575 €
Student Discount*	715 €	675 €	660 €	545 €
Short Stays 1-3 days	215 € <small>(per night)</small>	205 € <small>(per night)</small>	200 € <small>(per night)</small>	175 € <small>(per day)</small>

\* Limited number of concessions for full-time students participating in the entire workshop. Please indicate the training institute and course on the registration form.

### Registration & cancellation policy

To ensure availability of accommodation, your **registration including full payment** must be made **by 20 May 2024** at the latest. Later registration is still possible, depending on availability.

The **early bird discount** only applies if full payment is received **by 5 May 2024**.

If you **cancel after 20 May 2024**, we will retain 50% of the total amount for organisational reasons; if you **cancel after 7 July 2024**, we will retain 80%.

### Bank transfer of full payment is required by 20 May 2024 at the latest to:

Stefan Welsch, IBAN: DE38 5735 1030 0180 2362 59, BIC: MALADE51AKI, Sparkasse Westerwald-Sieg

Designated use: Summer Workshop 2024 + **your name**

## Class Schedule

	Friday 19 July	Saturday 20 July	Sunday 21 July	Monday 22 July	Tuesday 23 July
Morning		9:00 – 13:00	9:00 – 13:00	9:00 – 13:00	9:00 – 13:00
Afternoon	Registration 16:30 – 18:00	15:30 – 18:30	15:30 – 18:30		
Evening	18:00 Orientation 18:30 Welcome dinner 19:30 Class			Scheduled Performance Time 18:30 – 22:15	

The lessons will take place in **German or English**, depending on the needs and language ability of the participants and teachers.

The structure of this Summer Workshop allows us to cater for 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 you stay for one or two days, or for the duration of the whole workshop. We highly recommend attending the full workshop as there is a tremendous benefit to be gained.

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 develop regardless of each student's standard of accomplishment or background.

### Further information can be found at:



<http://at-itm.de/category/veranstaltungen/> oder



<https://www.itmalexandertechnique.org/germany-summer-workshops>

# Contact

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**Please don't hesitate to contact us  
if you have any questions:**

**ITM Germany Summer Workshop**

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**Online Reservation:**



[https://docs.google.com/forms/d/e/1FAIpQLScNsvGwgcg3stGyCSjbE8SxZx18TLue\\_xDj1bumOFv7v3y7pHw/viewform](https://docs.google.com/forms/d/e/1FAIpQLScNsvGwgcg3stGyCSjbE8SxZx18TLue_xDj1bumOFv7v3y7pHw/viewform)

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