

Teachers of the Alexander Technique Birgitte Due & Mary McGovern

The Alexander Technique (AT) is a practical method for developing awareness of how we use our bodies in movement, breathing, and reaction. It helps identify and release unnecessary tension, improve posture, and support healthier, more efficient physical use. Particularly beneficial for musicians, AT can reduce injury and fatigue while enhancing technique, stamina, tonal quality, and expressive freedom. Taught at conservatories across Europe and the U.S., the technique addresses habitual patterns that interfere with natural coordination, especially in relation to instrument support and playing posture. This introductory workshop offers both theoretical and practical insights into the Alexander Technique, with the opportunity for several musicians to receive individual feedback on their use of their bodies while playing.