

# MANHATTAN CENTER FOR THE ALEXANDER TECHNIQUE

## Chi and the Alexander Technique: A New Approach Post Graduate Training Program

### An Intensive Weeklong Course Taught by Caren Bayer

\*Dates to be determined as participants express their interest

This course, offers teachers from all over the world the opportunity to come together to deepen their knowledge of the Alexander Technique through the application of Tai Chi principles.

Caren will be sharing new methods derived from three decades of teaching the Alexander Technique to teachers and students, and her lifelong practice of Tai Chi. This is the first of a two-part intensive, which will qualify teachers for a Post-Graduate Certificate.

The course will meet over five days for six hours a day: 9:30 to 12:30 PM, resuming after lunch from 2:30 to 5:30 PM. Each participant will also receive two private half-hour lessons with Caren, to be scheduled in addition to the class times.

Tuition for the first week is \$850, and \$1600 if prepaid for both. To reserve your space, a 50% deposit is required, refundable up to six weeks prior to the beginning of the course.

Accommodations: Teachers will be responsible for their own lodging in New York City. The location, however, will be determined by the needs of the participants, should they agree that it would be more advantageous to live and work in a country location outside the city. In this event, a fee will be added to the tuition for food and accommodations.

The cost for the week will be \$850 and \$1600 for 2 weeks. To reserve a space a 50% deposit will be required. This deposit will be refundable up to 1 month prior to the date we begin.

Caren Bayer: "Though my work is primarily classic Alexander Technique, Tai Chi has offered insight into how my teacher, Patrick MacDonald, conveyed his vision. MacDonald, a boxing enthusiast, and my Tai Chi teacher Master Yu shared the principle of quiet on the outside, and dynamic strength on the inside."

**For more information and to reserve a place, please email**

**Caren@CarenBayer.com or CarenBayer@gmail.com**

**Tel: 212-620-0925.**

**Website: [carenbayer.com](http://carenbayer.com)**

## COURSE OUTLINE

F.M. Alexander was interested in bringing our natural coordination back into play through the Primary Control. In the Taoist tradition, the Microcosmic Orbit, a system of chi pathways, complements his findings.

In Tai Chi, primal energy leads and the body follows, in the same way Alexander's principles of direction coordinate movement. Structurally these approaches are consistent; both emphasize the building of a strong and reliable back, while recalibrating and re-syncing movement.

### TEACHERS WILL LEARN:

#### **The Empty Push:**

Study of the Tai Chi practice of "push hands" leads to a new definition of the specific mechanics between teacher and student, which are fundamental to our teaching.

#### **The Empty Pull:**

Akin to "roll back" in Tai Chi, this is a precise way of gathering balance and efficiency so that, in both teacher and student, the head releases forward and up and moves in an ordered sequence.

#### **The Empty Press:**

From "press down" in Tai Chi, this movement facilitates direction to spring from the ground up.

#### **The Empty Squeeze:**

"Crane's Beak" in Tai Chi is a gathering of chi at the fingertips, which frees the wrist, elbow and shoulder to be wing-like. It is similar to "hands on the back of the chair" where width, length, and depth are emphasized. This releases vital life force so we can better use our centers to become more grounded and allow the energy to flow upward.

#### **Arcs and spirals:**

The Tai Chi form moves with circularity. There is an arc in the wrist that calibrates the entire primary control. Recalibrating and re-shaping the flow of chi requires minimal effort and maximum mental yoga, decreasing tensions and cultivating presence. By moving in arcs around the axis, there is unwinding in all directions. Applied in this way, "hands-on" points us to our own alignment, restoring our relationship to our backs while connecting to the earth, and transferring this coordination to our students.

#### **Emptying as tuning:**

In the Alexander Technique this idea is exemplified in "non-doing" and "neck-free." As in Tai Chi, without rushing, judging, or anticipating, this stillness allows us to access our physical and mental potential.