

# SPRING 2010 WORKSHOP SERIES

For Alexander Technique Teachers, Teacher Trainees, and Advanced Private Pupils

---

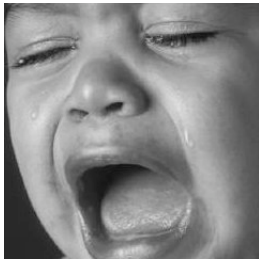
Rebecca Robbins will teach two workshops on different aspects of the Alexander Technique. Each may be taken separately. Advance registration is required.



## Dart Procedures

**Saturday, April 24th, 11:15AM to 1:45PM**

The Dart Procedures, developed by AT teachers Joan and Alex Murray in collaboration with anatomy professor Raymond Dart, explore developmental movement patterns and the double spiral of our voluntary musculature as applied to Alexander Technique procedures and positions of mechanical advantage.



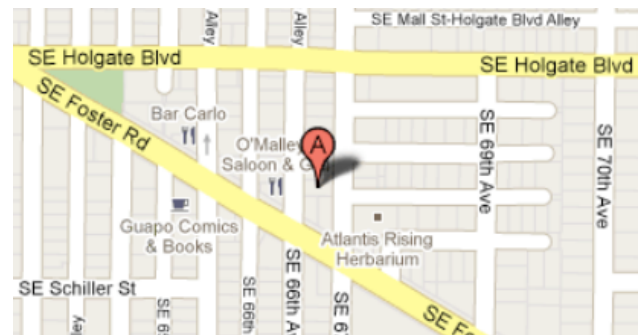
## The Voice

**Saturday, May 15th (NEW DATE), 11:15AM to 1:45PM**

This class will help the student more fully understand the nature of free, coordinated breathing and use of the voice in everyday speech. The ability to speak without disrupting the coordination of the head, neck, and back is essential to fully developing one's Alexander Technique skills.

## Location for all workshops:

Performance Works Northwest  
4625 SE 67th Ave. Portland, OR 97206  
Between Foster and Holgate  
Served by TriMet #14 and #17



## Fee:

\$25 per workshop, cash or check accepted at the door

## To register:

Please contact OCAT Assistant Paige McKinney at [mckinney.paige@gmail.com](mailto:mckinney.paige@gmail.com), or 503-916-9796, and specify which courses you wish to attend. For more information about Rebecca Robbins and the Oregon Center for the Alexander Technique, please visit [www.oregonalexander.com](http://www.oregonalexander.com).