

**West Michigan
Flute Association
Presents**

**Saturday,
February 27**

Music Center

**Grand Rapids
Community
College,
Corner of
Ransom and Lyon**

**Room 300
10:00 AM-1:00 PM**



**3 HOURS
With Hands-on
Instruction**

**\$20 per
Attendee**

**Registration at the
door to Room 300.
Make out check to
WMFA or pay with
cash.**

Questions? Call:

**Darlene Dugan
at
616.364.0076**

**ALEXANDER TECHNIQUE
MASTER CLASS FOR FLUTISTS**

**Patricia Gallup, M.STAT, M.AmSAT,
Certified Teacher of the Alexander Technique**

WORKSHOP DESCRIPTION: Following a very brief review of the principles of the Alexander Technique, all participants will receive hands-on work from the presenter. Hands-on work will focus on enhancing musical performance through calibration of the head/neck/back relationship with a focus on the use of the back and arms in relation to the flute.

THE ALEXANDER TECHNIQUE: is a layered learning process that shows individuals how to use head and neck poise to create and maintain the appropriate muscle tension to sit, stand and walk more efficiently, relieving back pain through better coordination and posture of the whole body. Teachers instruct clients, dressed comfortably, through a combination of non-invasive hands-on guidance and verbal instruction, how to release tight neck muscles, balance the head, extend along the spine and use the correct back muscles to keep their bodies expanded and flexible. The Technique is widely used as a performance tool by musicians, actors, equestrians and other athletes. Teaching the Technique requires specialized use of the hands. To become registered, teachers must have completed a rigorous training process of three years (1600 hours) full time study on one of the training courses authorized by 16 globally affiliated professional organizations.

PRESENTER BIOGRAPHY: Patricia Gallup, M.STAT, M.AmSAT, is a certified teacher of the Alexander Technique. She received her professional qualification in London in 1998 and is a registered teaching member of The Society of Teachers of the Alexander Technique (STAT), London, and The American Society for the Alexander Technique (AmSAT). She has served on AmSAT's board of directors, is past chair of the organization, and serves as its international liaison. Patricia is one of only two registered teachers in West Michigan.

It was Patricia's passionate interest in equestrian sports that first introduced her to the Alexander Technique, and she has a solid ergonomics background from many years as a design expert in the office furniture industry. Patricia's primary practice is in Grand Rapids and she also teaches in several other West Michigan locations (Three Rivers, Muskegon, Manistee) and in Goshen, Indiana.