

# Alexander-Technik mit Richard Brennan (Irland)

in Hamburg im Februar 2023

Introductory Workshop:

## "Moving through Life with greater Ease - An introduction to the Alexander Technique"

**Freitag, 17. 2. 2023**

18:30 - 21:00 Uhr

Preis: € 35.- (Barzahlung vor Ort\*\*)

Dieser Workshop richtet sich an alle an der Alexander-Technik interessierte Personen (auch Alexander-Technik-LehrerInnen sind herzlich eingeladen)

**Anmeldung und Buchung:** Marion Steinmann, [steinmann.marion@yahoo.com](mailto:steinmann.marion@yahoo.com)

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**Einzelstunden mit Richard Brennan am Freitag, 17. 2. 2023**

40 Minuten à € 65.- (Barzahlung vor Ort\*\*)

Anmeldung und Buchung: Marion Steinmann, [steinmann.marion@yahoo.com](mailto:steinmann.marion@yahoo.com)

Workshop:

## "Alexander Technique and Emotions"

**Samstag, 18. 2. 2023**

10.00 – 13.00 und 15.00 – 18.00 Uhr

**Sonntag, 19. 2. 2023**

10.00 – 13.00 und 15.00 – 18.00 Uhr

Preis: € 90.- für einen Workshop-Tag bzw. € 150.- für das ganze Wochenende (Barzahlung vor Ort\*\*)

Dieser Workshop richtet sich an **LehrerInnen und StudentInnen der Alexander- Technik, sowie an Alexander-Technik-Erfahrene**

**Anmeldung und Buchung:** Clara Wieblitz, [info@clar-alexandertechnik.com](mailto:info@clar-alexandertechnik.com)

**\*\*Alle Veranstaltungen finden in der Alexander-Technik-Schule Hamburg statt:**

Ulli Pawlas, Ausbildungsleitung, Adresse: Hohenesch 68, 22765 Hamburg

Tel.: 040-39 56 56, [www.alexandertechnik-hamburg.de](http://www.alexandertechnik-hamburg.de)

## **Richard Brennan**



Richard hat die Alexander-Technik seit 1983 studiert und unterrichtet sie seit über 30 Jahren hauptberuflich. Er reist viel durch Europa und die USA und hält Vorträge und Kurse über die Technik.

Richard wurde in zahlreichen Zeitungen und Magazinen vorgestellt, darunter The Irish Times, The Sunday Tribune, The Irish Examiner, Cosmopolitan, Hello und Home and Country; er trat in BBC I & RTE 1 auf und wurde in BBC Radios 4 & 5 sowie in vielen Lokalradios in Irland und Großbritannien vorgestellt. Er hat acht Bücher über die Alexander-Technik, Körperhaltung und Gesundheit geschrieben, die in 22 Sprachen übersetzt wurden, darunter Deutsch, Französisch, Italienisch, Spanisch, Russisch und Slowenisch, und die weltweit verkauft werden.

Richard lebt in Galway, Irland, wo er Direktor des Alexander Teacher Training College, Irland (STAT anerkannt) ist. Außerdem ist er Präsident der Irish Society of Alexander Technique Teachers (ISSAT)

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Veranstalter: Marion Steinmann und Clara Wieblitz  
in Kooperation mit der Alexander-Technik-Schule-Hamburg unter der Leitung von Ulli Pawlas  
[www.alexandertechnik-hamburg.de](http://www.alexandertechnik-hamburg.de)

Wer eine private Übernachtungs-Möglichkeit sucht, kann sich an Dorothea Fiedler-Muth wenden unter: [fiedler-muth@gmx.de](mailto:fiedler-muth@gmx.de)

**Wir werden die jeweiligen erforderlichen Hygienemassnahmen einhalten, ein aktueller Coronatest als Vorbereitung würde uns allen helfen. Danke für das Mitdenken.**

## ***Moving Through Life with Greater Ease – An Introduction to the Alexander Technique***

The Alexander Technique is a method of self-awareness on many levels. It is very simple and can be understood by anyone, yet at the same time it is very profound. It is a way of improving balance, posture and co-ordination. It can be very useful, for example to musicians who suffer from tension problems when playing their instrument.

Many people think that the Alexander Technique involves improving posture by 'sitting up straight'. Nothing could be further from the truth. It involves being aware and releasing the unconscious tension from our body allowing us to move through life with greater ease. It can dramatically help prevent or alleviate backache, neck pain, arthritis, insomnia, depression as well as a whole range of physical aches and pains that are so common in our society today. As these tensions are released, so are many of the thoughts which hold us back from being who we truly are. Emotions that may have been trapped within our body for decades can gently and safely be released. Many people find that the Alexander Technique helps their confidence and self-esteem, spontaneity, leading to greater contentment and a deeper love of life naturally grow.

The workshop will cover the needs of the group, but the following topics are usually covered

- Easing Back and neck pain
- Improving posture without effort
- Improving breathing
- Reducing Stress
- Sitting, standing and walking with ease
- Mind/body/emotional unity

By using the Alexander Technique you will learn how to move with gravity, instead of against it, thus achieving greater ease of movement which will in turn affect your mental and emotional outlook on life; you will feel calmer, less stressed and therefore will have a greater control of your own life.

Alexander Teachers who wish to learn how to give an introductory talk are welcome. ,

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### **Alexander Technique and Emotions**

Although the Technique is widely used to deal with physical habits that may be causing a wide range of problems such as neck or back pain, it is less commonly known for helping those suffering with mental or emotional issues such as depression, stress anxiety or lack of confidence. Yet Alexander said that his work involved the eradication of harmful and unwanted habits. These habits can be mental, physical or emotional.

We will look at thought patterns that hold us back from our true potential and by working on ourselves in this area we can learn how to help others. It is important to realise that this is not psychotherapy as we do not need to revisit the past in order to become aware of these habits. We will be using our hands and our words to help people realise that the way they think is as, or maybe more, harmful than the postural habits that many people have.

We will also explore the connection between the physical mental and emotional habits that are so common. A good example of a harmful belief is a person who has the habit of not feeling good enough, they can do a three year Alexander Training, but if that habit is not addressed they may well come out of the training as an Alexander Teacher but with the feeling that they are still 'not good enough'.

The only requirements for this workshop are an open mind and a willingness to look at our own mental and emotional habits.