

"This course has been a life saver for me. The support and friendship that I have received on the course has been invaluable. The technique has also freed me from backache, something I would not have believed possible."

**Pádraig Ó Fátharta**

"I am so grateful for the unconditional support that I have received during the course, thank you for giving me the space to be me."

**Niall Kelly**

"I couldn't have hoped for better people or a better place to have trained. Thank you so much."

**Brian McNamara**

"I have learned what it means to be truly present, and am now enjoying the journey of self discovery."

**Stephanie McDonald**

"Best three years of my life, special place, special people. Learnt more than I ever expected, the course is simply life changing. As a job it is also one of the most rewarding, to see people change over a course of lessons or on a weekend workshop is very special."

**Martina Maloney**



## COURSE TIMES AND DATES

The full training course consists of a total of 1600 hours, over ten terms. Course hours are as follows:

Tuesday 2:30pm till 6:30pm  
Wednesday 9.30am till 4pm  
Thursday 9.30am till 1.30pm  
Friday 9.30am till 11am

## APPROXIMATE TERM DATES

Autumn: mid September - mid December  
Winter: early January - mid March  
Summer: mid April – end of June

"The Alexander Technique is a substantial addition to our very slender resources in personal education."

**George Bernard Shaw**

## THE ALEXANDER TECHNIQUE CENTRE IRELAND



To apply to do the 3 year course, or just attend for a few days, please contact:

The Alexander Technique Centre Ireland,  
Kirkullen Lodge,  
Tooreeny,  
Moycullen,  
Co. Galway.

Tel: +353 91 555800  
Email: [info@alexander.ie](mailto:info@alexander.ie)

[www.alexander.ie](http://www.alexander.ie)



the **ALEXANDER  
TECHNIQUE  
CENTRE** ireland



## An Outline of the Training

The duration of the course is three years. Each year consists of 30 weeks, divided into three semesters.

During the first year of the training the core-work is primarily devoted to learning how to improve one's own self-awareness and 'use' of the body as a whole. It involves a process of change and individual development, which builds the foundation for the use of your hands and your interaction with others in teaching. You will start to learn how to 'put hands on' with other participants on the course. You will also study the fundamental principles of the Technique in depth.



### Course Director Richard Brennan MSTAT, ISATT

Richard comes from a medical family and came across the Alexander Technique in 1983 when it helped him overcome long-standing back problems and sciatica.

He was so impressed with the Technique that he decided to train as a Teacher, and qualified in 1989. Since then he has run a busy private practice, first in the UK then in Galway. He has written four books on the Technique, which have been translated into eight languages. In 1998 he established the first Teacher Training College in Ireland. He travels widely giving courses on the Technique. He is a founding member and past chair of the Irish Society of Alexander Technique Teachers (ISATT), and has been a pioneer in helping to make the technique accessible to many thousands of people.



### Assistant Director Michaela Wohlgemuth AmSAT, ISATT

Michaela was born in Reinbek, near Hamburg in Germany. She has a BA in Sociology and is a fully qualified teacher of the Alexander Technique, having

undergone a three year training at the ATI College in Los Angeles, California with the director Lyn Charlson. She is a co-founder and member of the Irish Society of Alexander Technique Teachers (ISATT).

### Visiting teachers

Prominent, experienced teachers from around the world visit the college several times a year to present their own unique perspective on the Technique, greatly enriching the student's experience.

# The Alexander Technique

This course is the first and only one of its kind in Ireland. It was established in 1998 and is approved by both the Society of Teachers of the Alexander Technique (STAT), and the Irish Society of Alexander Technique Teachers (ISATT). It runs for three years and provides all the training needed for students to qualify as professional Alexander Technique teachers. Others may also attend to further their knowledge and to learn to apply the principles of the Technique in their lives and activities.



Whatever you do, be it sport, working at a computer, lifting and carrying, acting or singing, walking, or playing a musical instrument, the technique can help you to reduce excessive tension and improve your performance.

People who do not want to become teachers, but wish to further their knowledge of the technique are most welcome to join the training for a day, a week or a month by arrangement.

## TRAINING COURSE

In the second year, as the growing awareness of the way you 'use' yourself continues, there will be more emphasis on working on other students. You will learn how to use your hands in more depth to help release tension in other people. You will build up your practical knowledge about ailments that pupils commonly present (e.g. back-pain, RSI, asthma, arthritis etc).

In the third year you will progress to supervised practice on members of the public as well as continue to increase your awareness, knowledge, skills and individual expression developed in the first two years.

