ALEXANDER TECHNIQUE

RELEASE YOUR POWER, PASSION & PRESENCE

In one to one sessions or lively group work you will receive

- **Guidance** on how to alleviate tension, prevent injury and manage performance anxiety
- **Analysis** and advice on common problems
- **Practical**, fun top tips on body awareness & movement

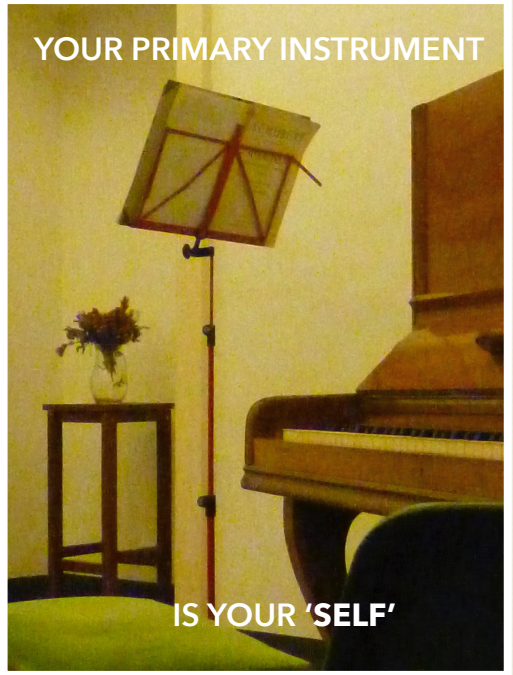
An inaccurate concept of our natural physical design can interfere with freedom, invariably leads to unwanted tension and often pain.

Simply understanding more about the body can have a transformative effect on your comfort and open up a whole new range of colour and expression in your sound.

"If your nose runs and your feet smell then you know you are built upside down" Einstein

MUSICIANS

ARE YOU IN TUNE?



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JENNY QUICK

ALEXANDER TEACHER



"I work with Musicians to make things easier, to enrich their playing and to deepen the shared experience of music-making"



About Jenny Quick

A lifelong musician, Jenny has been involved with helping people physically and artistically for over 40 years.
Physiotherapist and Piano Teacher, Performer, Instrumental Coach and Accompanist, she has anchored herself in the Alexander Technique as the inspirational base from which she amalgamates her skills and expresses her artistry and life experience.

She is also a grandmother of two, is learning to play the cello, loves to paint and to ride her bicycle.

She currently studies with global teachers, Bruce Fertman and Robyn Avalon, who learnt with, among others, first generation Alexander Teacher Marjorie Barstow.

"Given her experience as a painter and pianist, and her career as a physiotherapist, Jenny does what few Alexander teachers can do. She seamlessly integrates science and art, truth and beauty."

Bruce Fertman, founder of The Alexander Alliance International.

POISE IS OUR NATURAL STARTING POINT ….. WE JUST NEED TO BE RE-MINDED

What Jenny's students say

"There is a sense of freedom from un-intended tension. I invariably leave feeling better, lighter, taller and more at ease than when I arrived. Jenny's approach to teaching is gentle, encouraging, humorous and wonderfully enlightening. You should try it." Justin, guitarist

"…there is less emphasis on mechanical manipulations and far more a sense of being invited to find an inner freedom - which can then be manifested in the physical. It is an inner to outer subtle working."
Tina, poet

"I heard the rain" Jacob, percussionist





individual sessions on mind-body awareness



when muscles learn how not to grab bones, the body is free to amplify sound



group work & healthy practice strategies with Robyn Avalon at Meadowmount Summer School *2017*