

The Alexander Technique can:

- ✓ release your physical, emotional & intellectual tension to allow efficient breathing.
- ✓ allow your voice to drop in.
- ✓ allow your voice to resonate.
- ✓ allow emotional spontaneity.
- ✓ allow muscular-skeletal efficiency.
- ✓ allow free and spontaneous movement.
- ✓ allow a clear and focused thought process.
- ✓ allow accessibility to your lines.
- ✓ allow an honest and truthful portrayal of character.
- ✓ allow a connection to your audience which comes from a place of truth.
- ✓ allow "non-doing" as opposed to "doing."
- ✓ allow presence.
- ✓ allow a functionally free and correct use of the joints in order to prevent injury.
- ✓ allow you to sit, stand or still yourself comfortably for long periods of time.
- ✓ allow you to be at one with your instrument.
- ✓ allow you to establish an easy rapport with your ensemble.
- ✓ allow you to maintain and conserve energy.

Who is Barbara Robertson?

Barbara has a background in holistic Education. She has been running a successful Corporate and Private Alexander Technique Practice in Double Bay for the last eighteen years. She has been working with actors for over twelve years and is currently teaching at Actors Centre Australia, NIDA (Open Program) and Australian Academy of Dramatic Arts.

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Find me on...



Leading Institutions Teaching The Alexander Technique.

United Kingdom

The Royal Shakespeare
Royal Academy of Dramatic Arts
Royal Academy of Music
Royal National Theatre
Royal College of Music
London Academy of Music & Dramatic Arts

USA

Julliard
The Actors Studio
Yale Drama School
New York University
Metropolitan Opera
UCLA
The University of Washington School of Drama

Australia

NIDA
Actors Centre Australia
Australian Academy of Dramatic Art



“ Things happen
without you trying. ”

John Cleese

BARBARA ROBERTSON
Alexander Technique Consultant

AUSTAT, BA, DIP TEACHING

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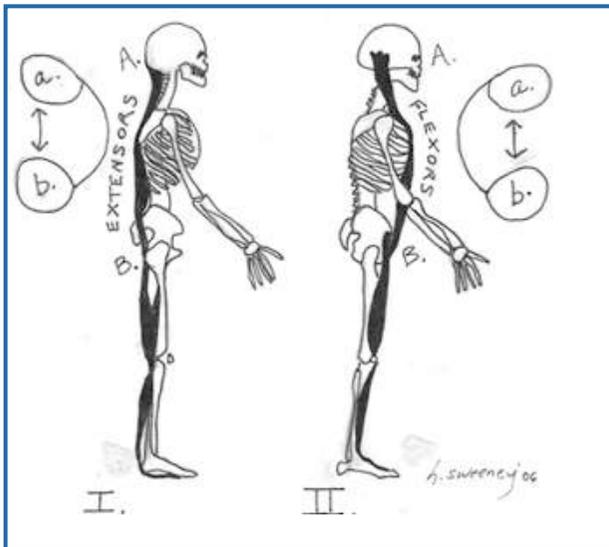
What is The Alexander Technique?

The Alexander Technique is a self-use technique which can enhance performance skills by showing performers how to eliminate excessive muscular and intellectual tension and effort by focusing on the delicate poise of the head on top of a lengthened spine.

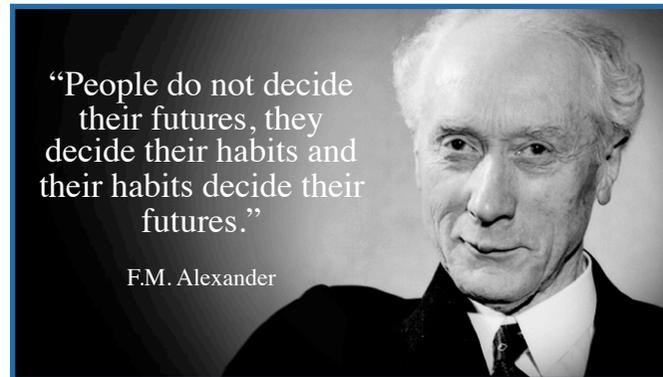
Studying the Alexander Technique develops a conscious command in the performer's self-use, resulting in an improved balance and economy of movement, allowing greater fluidity, ease and spontaneity.

It also increases self-observation and teaches a conscious re-direction of physical action.

The physical awareness and constructive conscious command taught in the Alexander Technique is able to deepen the emotional power of a performance and to become a bridge between the conscious and sub-conscious work of the performer.



Who Was F.M. Alexander?



F. M. Alexander (1869-1955) was an Australian who had a great passion to become a successful Shakespearean actor. At the turn of last century, as a successful actor in Melbourne, Alexander was beset by hoarseness and vocal fatigue during performances. When the doctors were unable to diagnose his problem, Alexander began a journey of self-observation to find the cause of his vocal problem. He noticed a habit of throwing his head back and down, depressing his larynx and gasping in air when he spoke. This habit caused the incorrect use of his vocal mechanism, resulting in vocal tension and strain. Alexander taught himself how to regain the correct use and command of his voice. It was this discovery which is today known as The Alexander Technique.

On the suggestion of Sydney Doctors, Alexander sailed to London in 1904. He quickly made a name for himself by giving away his acting career to become a teacher to some of the theatre's and society's leading lights.

Testimonials.

"Without The Alexander Technique, it is very difficult to become a first rate Actor."

Larry Moss, Acting Coach/Director/Author.

"I find the Alexander technique very helpful in my work. Things happen without you trying. Movement becomes light and relaxed."

John Cleese, Actor.

"For all of us, not just actors, life puts great stress and strain on our bodies. The Alexander Technique has given me a self-help method by teaching me to relax and adjust my posture so that my body, which for an actor is an instrument, can work as well as possible."

Jeremy Irons, Actor.

Barbara's work is an essential addition to the actor's toolbox. Letting go of habits on all levels gives the actor the freedom to explore without tension and judgement. No actor should be without the freedom created by understanding how their body and their mind are released simply by aligning their physical self.

Adrian Barnes, Actor/Director/Educator. Sydney, Australia.

Once freed from the habitual tensions (so commonplace they are often not even recognised by the actor and singer) then the body can release into a greater range of expression with freedom, power and confidence.

Brett Wood, Actor, Musician, Teacher Sydney, Australia.

The Alexander Technique doesn't teach you something new to do. It teaches you how to bring more practical intelligence into what you are already doing; how to eliminate stereo-typed responses; how to deal with habit and change. It leaves you free to choose your own goal but gives you a better use of yourself while you work towards it."

**Dr. Frank Pierce Jones
Tuft's University Medical Researcher of
Alexander's work.**