

Perception



DATES:

June 19th-24th, 2011
(plan to arrive on Sunday evening)

LOCATION:

Sevenoaks Retreat Center,
Two hours south of
Washington, DC
(nearby airports: Dulles,
National, and Charlottesville)

FEE: \$725 (fee includes
room and board, 3 meals/
day). Commuter rates are
also available.

(See website for details)

CORE FACULTY:

Meade Andrews, Jan Baty,
Dale Beaver, Cynthia Mauney,
Teresa Lee, Antoinette
Kranenburg

For further information,
please visit our website:
theVillageGreen.net
or contact Jan Baty at:
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*“Every day I walk out into the world to be dazzled,
then to be reflective.” -Mary Oliver*

Alexander Technique at Sevenoaks

Perception is an underlying theme of the Alexander study. The deepening of our senses informs who we are and our relationship to the world around us.

We invite you to join us at the Sevenoaks Retreat Center, in the beautiful mountains of Virginia, for our annual Summer Residential Course dedicated to the discoveries of F.M. Alexander.

This year, longtime returning participants, beginning and advanced students, along with teachers who wish to deepen their skills, will come together once again in a supportive, deeply nourishing, learning community. We welcome you. Our days are filled with rich explorations of the Alexander principles in small and large groups with a high teacher-student ratio.

A continuing inspiration for our Alexander community is the faculty’s shared study with Marjorie Barstow, a graduate of F.M. Alexander’s first teacher training course. Marjorie worked primarily within a group setting, bringing even the simplest of activity to an art form. We honor her teaching influence in the daily classes and group activities during the workshop.