

♪ **Alexander Technique workshop with Katie Fittipaldi** ♪

*Ever wonder how to . . .*

- ★ Practice something so that it gets better not worse?
- ★ Perform with more ease and confidence and less worry?
- ★ Un-tighten and un-stick when your feeling tight or stuck?
- ★ Make mistakes (after all that's how we learn!) AND easily recover?

In this lively, interactive workshop we'll be exploring some tried and true Alexander Technique (AT) concepts that have been helping musicians achieve their fullest potential for over 100 years!

Have your instrument at the ready and we'll have fun **calming-down**, **lightening-up** and **un-sticking** with AT!!!

🌟 **BONUS:** If you've ever felt a sense of dread knowing you'll be spending hours at the computer completing assignments or zooming - the very same AT concepts we'll be learning can help prevent Zoom & screen fatigue too!

Woot Woot !!

Looking forward to playing together!



❤️ - Katie

**Katie's Bio:** <https://www.esm.rochester.edu/faculty/katie-fittipaldi/>