

THE **A**ERICAN  
**C**ENTER FOR THE  
**A**ALEXANDER  
**T**ECHNIQUE, INC.

[www.acatnyc.org](http://www.acatnyc.org)

*Jessica Wolf's course "The Art of Breathing" is presented in a well-organized, dynamic and exceptionally clear manner. It was great fun as well! The "Breathwork" is now seamlessly integrated into every lesson I teach. My post-grad experience with Jessica has enhanced my teaching and broadened my understanding of the origins of the Alexander Technique.*

*Judy Stern*

**The Art of Breathing**  
With Jessica Wolf

Dear Teacher,

We are pleased to announce the third postgraduate training program with Jessica Wolf in 'The Art of Breathing'. Jessica will teach the methods she developed that integrate Carl Stough's principles of breathing coordination into an Alexander lesson. Stough, a pioneer in the field of respiratory education, believed that, though breathing is an involuntary process, proper breathing requires considerably more attention.

Alexander teachers can appreciate the subtlety of how a malfunctioning respiratory system can interfere with primary control and overall coordination. This course is an opportunity to explore and influence the relationship between primary control and optimal functioning.

In his time, F.M. Alexander was known as "the breathing man." In 1907, he published his article called "The Theory and Practice of a New Method of Respiratory Re-Education." In it he observed that the changes he made working on himself and his students had, for all of them, a profound effect on their breathing. Since Alexander's discovery, new information on the science of respiration has become available. Carl Stough's discoveries have contributed enormously to a better understanding of how breathing works. He identified a particular coordination that allows the respiratory system to function at maximum efficiency with minimum effort. He called this "breathing coordination."

Jessica had the good fortune of studying with Carl Stough for twenty years. This association enabled her to deepen her understanding of her own breathing patterns and to immeasurably enrich her Alexander Technique teaching. Developing a new and reliable appreciation of the breath gives us choices, allowing us to achieve balance, free the voice and connect to the natural spectrum of our emotional states. All of this is possible if we re-develop our own breathing coordination and gain specific skills to teach that coordination to our students.

## Course Content

The course will address the following information and techniques:

- The ability to observe whether breathing patterns support or interfere with the primary control and optimal functioning.
- Respiratory methods of identifying faults of holding the breath and over-breathing.
- Stough's discovery that, although the diaphragm is involuntary, it can be voluntarily redeveloped. Bringing heightened awareness to this muscle/organ allows us to regain full efficiency.
- The "inside story" - the design and function of the respiratory system; the on-going motion of the excursion of the diaphragm, the movement of air into and out of the lungs and the mobility of the ribs.
- The study of anatomy, physiology and function of breathing coordination.
- Myths about breathing and voice work that are so pervasive in our culture.
- The beneficial effect that higher levels of oxygen have on every system of the body and how that promotes healing.
- Learning and teaching specific techniques to manage and often eliminate
  - \* respiratory disease such as asthma and bronchitis
  - \* low back, neck and shoulder pain
  - \* muscular skeletal pain from scoliosis and osteoporosis
  - \* headache
  - \* digestive problems
  - \* vocal problems
  - \* psychological problems
- Sound as the key to redeveloping the diaphragm; acquire ease and comfort of the voice.
- Teaching demonstrations as Jessica works with actors, instrumentalists and singers to help them recognize how their breathing patterns affect performance.
- Study of relevant texts by F.M. Alexander and Carl Stough

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## Course Information and Requirements

The course is comprised of four weekend workshops and twelve lessons. Workshop hours are Friday, 3pm - 8 pm; and Saturday/Sunday, 10 am - 4 pm. Lessons will be private, shared and supervised with Jessica. Private lessons will be arranged on an individual basis.

Workshop Dates:     January 8, 9, 10, 2010  
                              March 5, 6, 7, 2010  
                              May 14, 15, 16, 2010  
                              July 16, 17, 18, 2010

The course is open to a maximum of 14 teachers.

In order to participate, individuals seeking to enroll must have a minimum of five years of teaching experience in the Alexander Technique and must be members of ACAT, or join ACAT before the start of the Program. (An application is available to download at [www.acatnyc.org/PublicDownloads.cfm](http://www.acatnyc.org/PublicDownloads.cfm)) Anyone who fails to meet these requirements must obtain Jessica's written permission before being allowed to enroll in the Program.

The tuition for the program is \$3450 plus a \$45 application fee due in the following payments:  
\$45 Application fee (non-refundable)  
\$500 due upon receipt of acceptance letter and no later than September 1, 2009  
\$650 due October 1, 2009  
\$1150 due December 1, 2009  
\$1150 due February 1, 2010

The deadline for application is July 15, 2009. All fees are payable to "ACAT".

### CANCELLATION POLICY

Those who withdraw after November 1, 2009 will be responsible for all payments unless their place can be filled.

**No refunds will be made after the start of the course.**

***Jessica Wolf, ACAT '77 is a member of AmSAT. She is also a Certified Movement Analyst from the Laban Institute of Movement Studies.***

***For over 25 years, Jessica has been exploring and conducting research in respiratory function and breath. She was one of only a dozen people given permission by Carl Stough to teach his principles of breathing coordination. In 2002, she became the director of the first post graduate training program for Alexander teachers in "The Art of Breathing".***

***In 1998, Jessica joined the faculty of the Yale School of Drama. She is responsible for creating the Alexander Program at the Aspen Music Festival. Other faculty appointments include The Julliard School, SUNY Purchase, Circle in the Square Theater School, Hunter College, Sarah Lawrence College and the Verbier Music Festival.***

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## Application for: The Art of Breathing

Name

Address

Phone

Email

Are you currently a member of ACAT?

## Alexander Background and Certification

Please give a brief description of your training; where and when and include any other pertinent information (medical history etc.) Tell us about where you teach: university, wellness center, private practice and where your interest lies.

The application deadline is July 15, 2009 and there is a \$45 fee, payable to ACAT. You will be notified of acceptance on or before August 15, 2009.

**For more information, please contact ACAT: [office@acatnyc.org](mailto:office@acatnyc.org) or  
Jessica Wolf: [jesswolf@optonline.net](mailto:jesswolf@optonline.net)**