

FACULTY

Our ACAT Faculty has between 16 and 38 years of teaching experience, providing wide exposure to styles and backgrounds of teaching. In addition to faculty, members from the ACAT teaching community volunteer within the training program. For biographies of the ACAT TCP Faculty, please visit www.acatnyc.org

ACAT'S LOCATION AND DIRECTIONS

The American Center for the Alexander Technique, Inc. (ACAT)
39 W. 14th St. #507
(between 5th & 6th Avenues)
by subway: 4, 5, 6, N, R, Q, W, L to Union Sq;
F, V to 14th St /6th Ave.;
1 to 14th St./7 Ave.

QUESTIONS?

Phone: 212-633-2229

Email: acat@acatnyc.org

Become a Member, Associate Member, or Friend of the Center!

The American Center for the Alexander Technique, Inc. (ACAT) is a New York not-for-profit corporation and Exempt Organization 501(c)(3).

Founded in 1964, ACAT is the oldest training program in the Americas, as well as the first professional member organization.

THE AMERICAN
CENTER FOR THE
ALEXANDER
TECHNIQUE, INC.

39 W 14th St. #507
New York, NY 10011
Phone: 212-633-2229
Fax: 212-633-2239
E-mail: acat@acatnyc.org
Web: www.acatnyc.org

THE AMERICAN
CENTER FOR THE
ALEXANDER
TECHNIQUE, INC.

ALEXANDER TECHNIQUE HEALTH & WELLBEING INTENSIVE PROGRAM

"People do not decide their futures, they decide their habits and their habits decide their futures."

F.M. Alexander

The American Center for the Alexander Technique offers experienced students of the Alexander Technique the opportunity to deepen their skills and immerse themselves in the focused environment of our Teacher Certification Program.

Classes explore the theory and the practical application of the core principles of The Alexander Technique, applied to all aspects of use of the self.

This program offers serious students the opportunity to learn from ACAT faculty in a stimulating setting side-by-side with our Teacher Certification Candidates.

The Alexander Technique is a tool for self care, performance enhancement, growth, and stress management.

ABOUT THE VISITING STUDENT PROGRAM

While participating in classes within the Teacher Training Program, Intensive Participants are supported in making self-discoveries while engaging in a systematic training based on F. M. Alexander's concept of awareness, inhibition and direction. There will be an emphasis on attaining a high level of self-awareness as well as learning more efficient ways of using oneself in the activities of life.

Classes explore the Alexander Principles, respiratory re-education, use of the voice, and daily and specialized activities. Intensive Participants receive hands-on turns from the teachers, cover some material from the first year syllabus and are invited to participate in discussions, presentations, Q & A, and experiential activities. They will have a chance to receive hands-on work from the teacher training candidates and observe classmates in their learning process.

The student teacher ratio in the Teacher Certification Program is 5:1 or less.

PRE-REQUISITES

This course is designed for experienced students who have had a minimum of 10 private lessons*, are interested in a more intensive form of study, and/or are considering entering Teacher Training. (Intensive Participants will not be trained in any hands-on teaching skills.) Participation is no guarantee of acceptance into ACAT's Teacher Certification Program, but does allow ACAT faculty and Intensive Participants to become acquainted with each other.

**This pre-requisite can be waived on a case-by-case basis.*

Submit this form with the Health and Wellbeing Intensive Application, letter of recommendation from your primary teachers and total fees due:

Name: _____

Address: _____

Phone: () _____

E-mail: _____

First time application Fee.....\$25

10-Class weekly fee (\$650 x # of days

Attending\$ _____

Weekly Fee(\$325) x # of weeks

Attending\$ _____

Full term attendance.....\$3,000

Total Amount Enclosed: \$ _____

REGISTRATION

If you have any questions or to arrange to apply for the Health and Wellbeing Intensive, please contact Brooke Lieb, Director, Teacher Certification Program, at (212) 633-2229, Mailbox #3; or by e-mailing

office@acatnyc.org

FEES

Weekly: \$325/week

Weekly attendance one day per week for 10 weeks: \$650 x number of days per week (\$850 for Saturday attendance)

Full time: \$3000 per term

*Optional Private Lesson Package:

Ten 30-minute lessons for \$450

*Must be enrolled in intensive concurrently

Application Fee: \$25

Admissions Lesson with TCP Director: \$55

SCHEDULE

Daytime Schedule:

Mon.–Fri.: 10:35–1:35

Evening/Weekend Schedule:

Mon., Tues., Fri.:

5:45 pm –9:15 pm

Sat. 10 am–2:00 pm

Classes meet for three 10-week terms each year, beginning in late September and finishing in late June

ADMISSION PROCESS

The admission process includes completing the Intensive Course Application, submitting a letter from your primary teacher and a personal interview lesson with the Director of The Teacher Certification Program. Admission is at the discretion of the TCP Director and is contingent on space in the program.

PAYMENT SCHEDULE

Fees for classes must be pre-paid to "ACAT" in order to attend class. Please contact our Office Manager at (212) 633-2229 X1 to arrange payment for the course.