

Visit From Distinguished Teachers Joan and Alex Murray Ushers in a Series of Dart Procedures Events

- Weekend Workshop
- Special Open Evening for Membership
- Dart Workgroup
- Diamond-Dart Lecture

Dart Procedures are "In the Air" (or creeping and clambering in that direction). The above festivities began when Joan and Alex Murray made a presentation to all ACAT members on the evening of October 17, 2003. The Murrays explained how they came to seek out and later to work with the Dart Procedures. They discussed their connection with the Alexander Technique and the origin of "Postural Aspects of Malocclusion". The workshop was entitled "The Dart Procedures and their application to teaching the Alexander Technique." Recommended reading was the article about the Procedures in "Direction" or the chapter about the Procedures in Skill and Poise. Questions were taken and workshop members were demonstrated upon. The membership owes its gratitude to the Murrays as well as to the participants in the weekend workshop who generously agreed to open the first evening up to membership observation. The Murrays agreed to have their introduction videotaped for ACAT's library. The demonstration was followed by refreshments and socializing (beer and pizza!).

The 12 workshop participants then spent the weekend with Joan, Alex and Marie Stroud in further exploration of this work. We hope to bring you more about that in a future edition of ACATNews.

ACAT members who are interested in exploring and teaching the Dart Procedures were invited to sign up for the "The Dart Procedures

Working Group" – a continuing exploration of applying the Alexander Technique to Raymond Dart's developmental movement procedures.

This ACAT sponsored series is being lead by Karla Diamond who has used the Dart Procedures in her private teaching and group classes for many years. It will be an opportunity to continue exploring how the Dart Procedures can be used to teach awareness, inhibition and direction and also how the Dart Procedures, done correctly, can stimulate our understanding of direction and use. This 6 week course will be held on Thursday afternoons from 3:00 – 4:30 p.m. beginning Thursday, November 6 (dates are November 6, 13 & 20, December 4, 11, & 18). The fee is \$150. for the six weeks.

Another event, sponsored by Karla Diamond, was the presentation of the Diamond-Dart Sequence by Dr. John Diamond. He introduced the Dart Procedures from the viewpoint of how they affect not only the postural muscles but also how they stimulate the accupuncture meridians and organs. Judith Youett and Karla Diamond worked with the

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SAVE THE DATE!
ACAT Annual Meeting
February 8, 2004
11:00 a.m. to 4:30 p.m.

Hands-on exchange, workshop with Ann Matthews, potluck lunch, special 40th Anniversary activity, and more!
 Don't miss it!
 Please join us at ACAT, 39 West 14th St, Room 507, New York, NY 10011. Call (212) 633-2229 for more information or acatnyc.org.

NOTES FROM THE TCP BY JOAN FROST

It has been a year since I last wrote my "Notes from the TCP"! Hard to believe. Our Spring ACAT News gave the TCP information in the form of my report from ACAT's AGM. As my report didn't state student body names, I'm going to backtrack and begin by mentioning our Fall 2002 entering class (now in their 4th term). They are: **Christopher Beckstrom, Amira Glaser, Susannah Keebler, Maeve Kinkead, Phyllis Kubey, and Jenna Zabala.** **Sofia Radu**, who had completed her first term a year earlier, joined the group in January as a "2", making it a class of seven.

I'm going to report events over the past year in chronological order, which brings us to our Fall term assembly. 6th term **Naoko Matsumoto** performed a dance (solo) choreographed by a friend of hers. It was about a Mexican woman who had lost her lover. Almost a year later, I still remember Naoko's beautiful, evocative dance movements in her white dress. 1st term **Maeve Kinkead** acted the role of Portia in an excerpt from "The Merchant of Venice". She performed it a couple of times, once with Portia as a very young woman and then with Portia being an older, seasoned woman. We were spellbound. 6th term **Ruth Diamond** invited her husband to perform a magic card trick, first on his own and then immediately again while being worked on Alexander-wise by me. Even though I was working on him, I didn't catch the trick.

In December we graduated **Hee Sook Baek, Michael Hanko, Naomi Josepher, Patty Llosa, Michelle Makarski, and Lee Shapley.** Each faculty member who was asked to speak was introduced with a story or anecdotes about them by one of the graduating class members. It was a particularly heartfelt ceremony.

Over the course of the Fall and Winter terms we showed Marshall Rosenberg's four part video series, "Basics of Nonviolent Communication". The candidates seemed very interested in the information. Marshall came to NYC in January for the first time in 20 years to give a weekend workshop. Many of our faculty and candidates attended.

When I was in training, each week Judy Leibowitz gave one of us a private lesson while the rest of the class watched. I also remember Pearl going around and putting hands on us as we watched. Our faculty decided to reinstitute the practice of giving observation lessons, which Pearl has continued to do, but only her classes have received the benefit of. Now I am assigning this to teachers each term on a rotating basis.

Elizabeth and Lucia Walker spent three days with us at the beginning of our Spring term. In reviewing my notes for this article, I came across statements I'd like to share:

The knees are permitting rather than controlling the movement.

Coming up right from the ground. The ground support comes through your legs.

Horizontal domes: pelvic floor, diaphragm, soft palate. You don't really feel them.

Try going into squat from all fours.

It's a familiar activity, but you've never done this one before.

The moment of inhibition is accessing all the other possibilities in your brain.

Not into a serious place — taking your time, but not delaying.

Sandwich: a third year student between two teachers.

Lucia: One is vital, then gets close and deadens. Better to be a bit wrong than to lose the vitality.

Lucia: That friendly touch. Think of your hands going onto the whole of me.

Elizabeth: I'm loving you with my hands.

Once again our candidates (all 3rd termers) came forth for our Spring term assembly. Sofia did a gymnastics routine on an imaginary balance beam. She said she hadn't performed gymnastics for 30 years! Her degree of control in quite challenging moves was still remarkable. Susannah improvised a task she set for herself — crossing an imaginary diagonal as many times as possible. The creativity of choices and fluidity in her body was a thrill to watch. Chris performed a monologue from Chris Durang's play, "The Actor's Nightmare", where the actor forgets his lines and looks offstage for help, or improvises to cover up. The play between acting and "not-acting" acting was fascinating. Jenna performed a dance, "Rain", choreographed by ACAT alum Anne-Rene Lawton. It was fun to see Jenna, our office help and computer wizard, dance. We have such a variety of talent in our ranks!

We all had a long and needed summer break, although a number of our candidates participated in either Barbara and my summer course, Sweet Brier, or make-up classes organized mostly by 7th term **Rebecca Tuffey.** I also enjoyed coming to ACAT and seeing some of our 9th term students either practice teaching or exchanging with each other in our space.

The weekend before the commencement of the Fall
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The Debby Caplan/ Alma Frank Scholarship Fund and the Debby Caplan Archive Project

If Alma Frank or Debby Caplan or their legacy has had a particular influence on your life and you would like to pay tribute in some way, you can do so by contributing to this special fund. If you prefer to donate your time, please speak to us about working on the Debby Caplan Archive project.

Do you have health insurance?

Do you think you can't afford health insurance? Or are you paying too much for health insurance benefits?

"Healthy New York" is A New York State sponsored program now offering even more affordable health insurance to small businesses, sole proprietors and working individuals. Find out how you might get insurance or pay a lower premium (under \$200/month!) through this program.

New Post-Grad Series!

The ACAT Board of Directors is pleased to announce a new post-grad series of six-week courses custom-designed for those who were unable to take previous post-grad courses due to weekend unavailability or the inability to commit to a year-long course.

The first course will be taught by Pearl Ausubel!

When: Fridays 2:30-4:30 p.m.
January 9 - February 13, 2004

Where: ACAT, 39 West 14th St. #507, New York, NY 10011

Cost: \$350 for a six-week series (\$420 for non-ACAT members)

To be covered: Judy Leibowitz's way of working with breathing; Pearl's way of working with shoulders and arms; Pearl's way of working on the table.

Class size: Limited to 8
To register, send a deposit of \$150 to ACAT (checks payable to ACAT)

For more information, please call ACAT at (212) 633-2229 or www.acatnyc.org.

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Meet the 2003-2004 Deborah Caplan/Alma Frank Work Study Recipients

We are very pleased to announce the 2003-2004 recipients of the Work Study "wing" of the Deborah Caplan/Alma Frank Scholarship Fund. This project is funded by Larry King. The Librarian is 4th term trainee Christopher Beckstrom. The Space Groomer is 4th term trainee Amira Glaser. Both trainees bring lots of energy and great ideas to these offices. I think you'll see what I mean by reading the following letters from them:

Hello all,

I wanted to write to everyone who frequents the ACAT space on 14th St., to introduce myself and to ask for your help. My name is Amira Glaser, and I am filling the role of space groomer (Deborah Caplan/Alma Frank scholarship fund), in this, my fourth term. As a community we all are very lucky to have such a beautiful and conveniently located space in which to work. As the space groomer my goal is to maintain a clean, safe, well-organized space for all. In order to achieve this goal, **I need your cooperation.** Frequently after large events, open night, or community rentals the space is left in disorder. I want to bring this into everyone's awareness so that a little more consideration can be given to respecting the space that we all appreciate.

If you are the last to leave the space, please remember to put away tables, mats, books and chairs etc., where you found them. I have created a diagram of the space to which you can refer in order to see where we ask that everything be stored. It is included in this newsletter (see page 9), and soon it will be posted in the space as well.

Please turn off the fans, heaters/AC, and lights. Make sure that the office, closet and front door are locked. There have been times when the space has been found open! Please make sure to close the door tight, and double check that you can't get back in.

We have a new request to **keep all food products off of the counter** right by the office. I know this has been where we have all been placing food for years. But last year we discovered that roaches had made a home in the bookcases below, and we believe this to be the cause. If you do have food in the space, please place it on top of the water bottles, or take a cover off a table. **Make sure to clean up well after serving food.**

I know many of you keep a mug for tea in the space as well. I will be cleaning up this rack in the coming months, **so if want your mug to stay there, please be sure it has your name on it by December 15th**, or it will be removed.

Also, the water cooler is provided for all of our use, but we all need to help maintain it. **If you finish a bottle of water, please take off the empty and put a new bottle on**, unless you are physically unable to do so. But **please do not take off bottles that are not completely empty.** Also, **the shelf under the nozzles is not a drain, do not pour liquids into it**, it is only there to catch drips.

Finally, if you spill something, have trash, etc. please try to clean up after yourself as much as possible.

Thank you for your attention and assistance with keeping our space clean!

Sincerely,
Amira Glaser

Hello,

I have recently taken over the position of librarian. For those of you who are not aware, this position exists because of a generous donation from Deborah Caplan's husband, Larry King.

As of October 1, 2003, we have segmented the library into two parts: a historical reference section and a lending section. This has become necessary in order to help preserve the collection; therefore, any book or item that is out of print or irreplaceable has been placed in the historical reference section and will only be viewable at ACAT. We are working to replace items that are commonly requested that will no longer be available to lend. If anyone has books or material they would like to donate please do not hesitate to contact me. We are particularly interested in obtaining any back copies of Direction magazine or any of the newer books and publications on the Alexander Technique.

One of my major goals this year is to increase the materials available in the library for lending. We have established a **Library Development Fund** to which all the contributions we raise will go.

One of the ways we will raise money will be through an auction to the community. Items currently being considered: Several older edition AT books. There are also 8 cabinet drawers in the ACAT library. Wouldn't you like one named after you?

A Lesson in Inhibition by Rebecca Tuffy

In February, I found myself presented with an opportunity to dive into inhibition. Seem ironic? Isn't inhibition all about staying back? In the lesson I took with Pedro de Alcantara while he was visiting New York, I discovered that in order to make the choice to stay back, I had to first engage with what was in front of me! Pedro specializes in exciting his students into the present moment by using provocative words and activities and by applying resistance and opposing forces with his hands. His great teaching is that the best divers allow their heads to lead forward and up and their backs to follow back and up as they make their way into the water.

The lesson started with the following instruction: "In a moment, I will ask you to do something, but I want you to say no to it and not do it." Then, he asked me to give him my left earring. Of course, I didn't. So he said, "Very good. Now do the thing I asked." As I passed him the earring, he seemed pleased and explained that this was the first teaching about inhibition — that even though the instruction was to say no to the thing and not do it, it was still necessary for me to stay present to what was being asked. I love this point. How easy is it to say I'm inhibiting and staying back and not being reactive when I'm only partially available to the stimulus to begin with?! Inhibition is the practice of being in the moment and choosing to make a conscious choice.

Or, how about the times when I've decided in advance how I will respond to a stimulus? About half way through the lesson, Pedro stood behind me and made the sounds and motions of an activity that I couldn't see. He came to stand in front of me and said, "There are three people watching you: one says, 'There's no chair behind you, be careful'; the other says, 'There is a chair there, no worry'; the third says, 'Maybe the chair is there, maybe it isn't, either way you can move through space and respond accordingly'". Then, Pedro asked which person I believed. Without thinking too much, I said that I believed number 3. (Me being a good Alexander student...) He invited me to take myself into the chair. I directed myself through space, the whole time wondering if my backside would encounter the chair, but mainly planning on it not and therefore directing myself in a way that would enable me to make it into a squat. Very soon after I began, my flesh hit the chair. I burst out laughing! "I can't believe the chair is there!!" To my terror, Pedro responded, "Then you lied to me." In this moment, I realized that the truth was that I had decided beforehand to act as though the chair wasn't there because I felt more

sure of my ability to accept the chair's presence and sit than I felt of my ability to discover that the chair wasn't there and keep on moving. I had taken myself out of the moment of inhibition. I tried to turn these moments of not knowing into moments of knowing, instead of allowing myself to meet the stimulus with a creative response.

Pedro has another game that explores the creative possibilities in a response. In this game, he brought my body into a forward-leaning incline, first holding me there in space through directed resistance, then letting go of me. Basically, he dropped me. For this moment, to this stimulus, I really had to be particularly present and expansively thinking and cunningly creative, or I would end up with my face on the floor. Luckily, another part of Pedro's teaching about inhibition is that it involves choice. He presented a full range of options: I could disbelieve him — that's a popular way (though not very smart in this game!) to deal with life's unknowns; I could not grant him permission to drop me — play it safe in other words, just choose to play with what I know (the chair, the upright, walking...); I could really fall — which I think is another form of denial of the moment, because it places the response after the moment when I've got to clean-up from the fallout!; I could step out into a lunge — a creative possibility in the moment; I could step out and keep walking — which Pedro pointed out was the most dynamic response; or I could take him down with me — again, a popular response which is somewhat devoid of personal responsibility. What I learned by choosing to step into a walk was that I could be dynamic and fluid in my meeting with a stimulus. And, in fact, the more I could keep my self, my energy, my response directed back, the more space I created for myself in time. When I didn't get seduced by the forward pull of the stimulus (literally in this case), I had more time and space for my feet and legs to catch up with my head, neck, and back.

I liked Pedro's synthesis of fun and learning. It feels to me like life. I also liked Pedro's unceasing reminder: "Don't worry, keep thinking your directions, don't worry, keep thinking your directions..." Maybe this is why I enjoy the Alexander Technique so much. It equips me with the awareness, inhibition, and direction that I need to participate fully with life. To plunge head first and to stay back simultaneously — that strikes me as Alexander's great discovery.

News from the ACAT Office by Jane Tomkiewicz

We'd like members to be aware of the many improvements, upgrades, additions to the ACAT office. These upgrades will hopefully allow us to run the TCP and all the recently inaugurated post-grad courses more efficiently, to better respond to the many public inquiries, to support our volunteer and studio programs and to better support and respond to member and associate members.

Office Upgrades/Personnel

The Office Assistant position has been carried out since September of last year by trainee Jenna Zabala, who oversaw vast technological and organizational changes in the office. Now, Jenna is moving on. She will train Michael Hanco in all the new and improved procedure. We'd like to thank her for her many skills and strengths. Her daily presence helped improve our response time to inquiries and TCP candidates and trainees alike. Her dedication to organization and efficiency greatly improved the office flow. She always represented ACAT to the public, vendors and members very professionally, and for all these things we are grateful.

Some of the "physical" improvements have been: a new Xerox multifunction Workcentre, a new Postage Mailing System, and an additional IBM workstation (donated by Jody & John Arnhold - see last ACATNews). Our upgrades include DSL, Email address conversion (see sidebar for details), file-sharing, ACT database, and EndNote bibliography. We're transferring our domain name to a new host manager which will manage our webpage and email addresses. It is more user-friendly and compatible with software that will allow us to much more easily manage our website and in particular the member teacher list.

Member Information/The Member Teacher Listing

One of the most important services ACAT provides is to include contact information on the Member Teacher List (MT List). The MT List is mailed to individuals seeking a teacher, lessons, or more information on the Alexander Technique or training. Copies are also available to anyone visiting our center. The MT List is also listed on our Website and includes name, teaching location and phone number.

At the end of December you will be receiving a package to renew your ACAT membership which will also announce the Annual Meeting. We will include an MT list for members to review their information - your

careful attention to this will insure that your information is correctly listed on the MT list.

The deadline for dues and renewal is January 15. **If we do not receive your form by January 15 there is a possibility that any changes you may have will not be incorporated.** This year we hope we can count on your mindfulness and cooperation so we can better serve all members.

Website Listing Updates

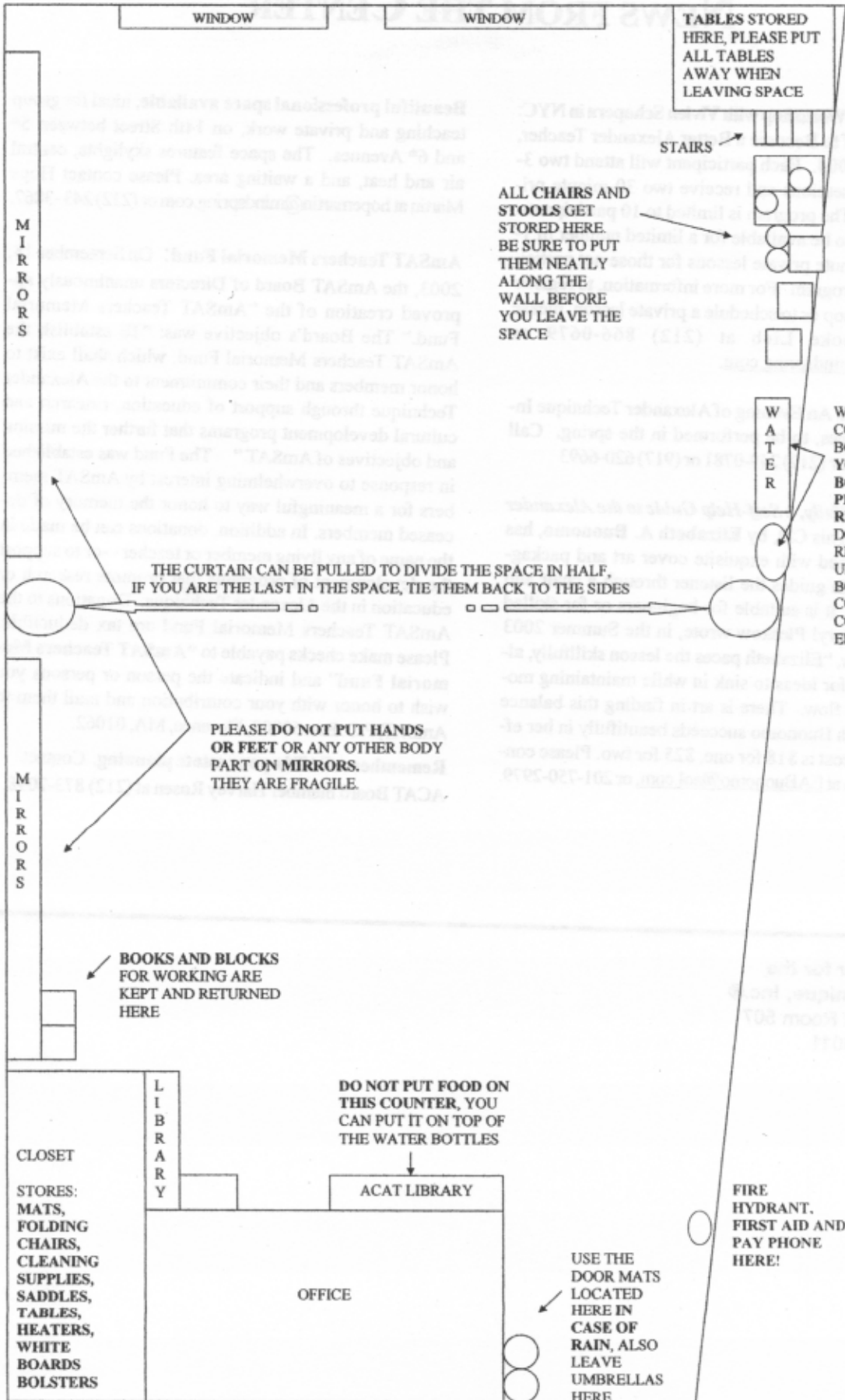
During this last year, some members may have noticed changes that they reported to us were not reflected on the website MT List. We apologize to those members who may have experienced a delay in the updating of their contact information. The technology is now in place that will allow us to more efficiently update the website. We will expect the web listing to be updated at the same time as the hard copy MT List.

New ACAT Email addresses

ACAT will soon phase out its old email address (acatusa@aol.com) and begin to use the email addresses that are available through the website. These addresses will appear on our webpage as well to assist people to more directly reach the individual who can best assist them. The addresses are:

General Information: information@acatnyc.org
 TCP: CertificationProgram@acatnyc.org
 Lecture Demonstration: LectureDem@acatnyc.org
 Studio Reservation: studio@acatnyc.org
 Post Certification Classes:
PostCertification@acatnyc.org
 Volunteer Program for TCP: volunteer@acatnyc.org
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 Harvey Rosen: Harvey.Rosen@worldnet.att.net
 Jane Tomkiewicz: JNTMKWCZ@aol.com

We are excited about the improvements of the last year, those still shaping up and those to come. We hope you will bear with us as transitions occur. We thank you for your patience and understanding.



NEWS FROM THE CENTER

Post Graduate Workshop with Vivien Schapera in NYC: Teach Yourself to Become a Better Alexander Teacher, March 5 - 7, 2004. Each participant will attend two 3-hour training sessions and receive two 30-minute private lessons. The program is limited to 10 participants. Vivien will also be available for a limited number of 1-hour or 45 minute private lessons for those not participating in the program. For more information, to register for the workshop or to schedule a private lesson, please contact Brooke Lieb at (212) 866-0679 or brookeliieb@mindspring.com.

OPEN CALL: An Evening of Alexander Technique Influenced Dances, to be performed in the spring. Call **Jana Schnitzler** (212) 249-0781 or (917) 620-6693

Moving Mindfully, a Self-Help Guide to the Alexander Technique: This CD, by **Elizabeth A. Buonomo**, has been re-released with exquisite cover art and packaging. Elizabeth guides the listener through a chair and floor lesson. It is suitable for beginners or for skilled students. Cheryl Pleskow wrote, in the Summer 2003 *AmSAT News*, "Elizabeth paces the lesson skillfully, allowing time for ideas to sink in while maintaining momentum and flow. There is art in finding this balance and Elizabeth Buonomo succeeds beautifully in her efforts." The cost is \$18 for one, \$25 for two. Please contact Elizabeth at EABuonomo@aol.com, or 201-750-2979.

Beautiful professional space available, ideal for group teaching and private work, on 14th Street between 5th and 6th Avenues. The space features skylights, central air and heat, and a waiting area. Please contact Hope Martin at hopemartin@mindspring.com or (212) 243-3867.

AmSAT Teachers Memorial Fund: On September 18, 2003, the AmSAT Board of Directors unanimously approved creation of the "AmSAT Teachers Memorial Fund." The Board's objective was: "To establish the AmSAT Teachers Memorial Fund, which shall exist to honor members and their commitment to the Alexander Technique through support of education, research and cultural development programs that further the mission and objectives of AmSAT." The Fund was established in response to overwhelming interest by AmSAT members for a meaningful way to honor the memory of deceased members. In addition, donations can be made in the name of any living member or teacher—or to support the development of programs that promote research or education in the Alexander Technique. Donations to the AmSAT Teachers Memorial Fund are tax deductible. Please make checks payable to "**AmSAT Teachers Memorial Fund**" and indicate the person or persons you wish to honor with your contribution and mail them to AmSAT, P.O. Box 60008, Florence, MA, 01062.

Remember ACAT in your estate planning. Contact ACAT Board member Harvey Rosen at (212) 873-7098.

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