

Weekend-Workshop with Caren Bayer

(New York, Manhattan Center for the Alexander Technique)

In Freiburg, Germany at ZAYT, Freiburg, www.zayt.de

On 1st and 2nd of July 2023

Saturday 14.00 – 18.00

Sunday 10.00 – 15.00

Workshop-Fee: 200 Euro (Reduced: 180 Euro)



Although my work is primarily classic Alexander Technique, Tai Chi has offered insight into how my Alexander teacher, Patrick MacDonald, conveyed his vision. MacDonald, a boxing enthusiast, and my Tai Chi teacher, Master Yu, shared the principle of quiet on the outside while maintaining dynamic strength on the inside.

In this Workshop, we will be exploring volume, and how spatial awareness when dynamically generated can change how we move. Along with basic Alexander Technique procedures, we will combine principles of Tai Chi and Qigong, circular and spiral forces of direction and Qi, for increased freedom and stability. While addressing the question of how “hands-on” activates our own alignment, we will strengthen the relationship of our backs to and from the ground, and in turn, learn to transfer this three-dimensional coordination to our students.

Space is limited. Sign up early to secure your place: Renate Wehner, reference: **WS Caren Bayer**; IBAN: DE 50 6009 0800 0200 482705, BIC: GENODEF1S02, Sparda Bank Baden-Württemberg

Caren Bayer is the director of Manhattan Center for the Alexander Technique, which certified teachers from 2001-2014. She received her certification in London from Patrick MacDonald in 1984 and since then, has maintained a private practice in New York City as well as teaching workshops internationally. She has been on the faculty of Pacific College for Oriental Medicine and currently has had a teaching affiliation with the New School for Social Research. As a former dancer and longtime student of the martial arts, Caren brings 30 years of movement research to her teaching.

Teaching language is English.

To reserve your place, please write an email to:

renate.wehner@zayt.de

www.zayt.de