

*In the world we are constantly in relation with ourselves and other people and objects.*

**The Alexander Technique** was developed by F. M. Alexander, a 26-year old well-known Australian orator in the 1890's who lost his voice when speaking. His mind/body technique allowed him to access his full self and his primary coordination, and thereby restored his voice. He subsequently observed improved and easeful breathing and overall coordination in all his activities.

The Alexander Technique guides you to ease and freedom in your movements through an increased awareness of your habitual reactions, and through a change in your thinking, provides a simple process of redirection that allows you easy full-time access to your *primary coordination*, present from birth. Due to the totality of its impact, its implications for teachers, presenters and medical professionals are many and deep. Developing the desired non-anxious presence is only one aspect of the technique that positively enhances and influences both persons involved with both information dissemination and reception.

Alexander's revolutionary technique presents a practical process by which one's *whole self* may be re-educated to restore, refresh and renew one's innate coordination and reflexes, allowing for choice in every moment and a fundamental way to mindfully alter habits. Truly, since body and mind are connected, it is an UNLEARNING of both thought patterns, actions and muscular habits that no longer serve us. Unlike the common "doing" prevalent in the "how to" books of the western world, with Alexander Technique, the organization of the whole self and the coordination of the body and the mind is attained through the power of thought and *pausing*.

*Judith Saxton has been actively incorporating her decade of Alexander Technique study into her annual Eastern Music Festival and UNC School of the Arts "Healthy Playing Habits" and "Breathing, Breaks and Basics for Mindful Music Making" presentations; and for universities and festivals and populations of varying ages across the nation and the world. Roads Scholars and participants in Brasil, China and the UK have been the most recent recipients of her presentations.*

*She is a graduate of the North Carolina Teacher Training Program of Chesapeake Bay Alexander Studies; many of her teachers come from the Marjorie Barstow lineage. Observation, awareness and ease of movement are integral to her trumpet playing and teaching; she brings the clarity and focus from her wide range of teachers to all her interactions.*

**Free Flow Brass/Alexander Technique Studio/Residencies – SKYPE LESSONS**  
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