

# RUNNING

RUNNERS & THE ALEXANDER TECHNIQUE

## IS ALEXANDER TECHNIQUE FOR ME/MY FAMILY MEMBERS?

My Running Alexander Technique lessons are for all levels of runners

### experiencing

- chronic tension/stiffness  
(hips, shoulders, necks...)
- chronic/recurring injuries
- lack of support  
(collapsed shoulders, body...)
- anxiety while running
- pain, discomfort or fatigue

### wanting improved

- efficiency
- ease and comfort
- movement/mobility
- awareness & connection
- fluidity
- energy

## LESSON OPTIONS

### PRIVATE/SEMI-PRIVATE LESSON

1-2 PARTICIPANTS

Lessons are personalized around the student's unique interests and needs. Suggested format:

#### CHECK-IN

Is there anything you're concerned about or that I should know about your overall well-being? Questions/curiosities? What activity do you want to explore?

#### ACTIVITY EXPLORATION

Exploring awareness, support, comfort... in running.  
What interests you?

#### CONCEPT REVIEW

Usually a lie down in a semi-supine position ("table lesson") reviewing concepts from the activity exploration to take home for your out of lesson Thinking (homework)

### WORKSHOP

~2-11 PARTICIPANTS

Activity-based theme or general intro to AT class just let me know. Suggested format:

#### CHECK-IN WITH AWARENESS ACTIVITY

Intro, sensory/awareness activity, hands-on experiences. Is there anything you're concerned about or that I should know about your overall well-being? Questions/curiosities? What activity do you want to explore?

#### ACTIVITY EXPLORATION

Theme or individual-specific activities. Exploring awareness, support, comfort... in running. Adapted to fit the interests and needs of each participant in connection with the whole group.

#### CONCEPT REVIEW

Either a lie down in a semi-supine position ("floor lesson") reviewing concepts from the activity exploration to take home for your out of lesson Thinking (homework) or group practice time with individual feedback and reflection for each participant.

### MASTERCLASS

A combination of private lessons (with an observers) and a workshop.

CHECK-IN W/ AWARENESS    INDIVIDUAL LESSON 1    MINI GROUP ACTIVITY    INDIVIDUAL LESSON 2 ETC.    CONCEPT REVIEW

## CLASS SIZE RECOMMENDATIONS

Minimum 1 hour for 2-5 active participants

Minimum 1.5 hours for 6-8 active participants

Minimum 2 hours for 9-11 active participants

Active participants will each receive some individual attention and hands on guidance throughout the workshop/masterclass.

Staff/hosts are welcome as free passive observers :)

Passive observers might not participate in all activities workshop activities, but will be included in discussions and some activities. Individual attention and hands-on guidance is not guaranteed.

Non-staff passive observers can be waitlisted and added 3 days before the event at a reduced price (if space allows).

## SPACE REQUIREMENTS

Lesson area should ideally be clutter-free and not too loud/crowded. A separate room/area can work too if noise is unavoidable in the running space. Maximum occupant capacity should reflect maximum participant/observer numbers + any additional staff. [An outdoor space is ideal with an indoor option as a weather backup, and space for storage of personal belongings, as well as restroom/water breaks.]

*[Optional: ~8.5' x 12' floor space needed for table lessons]*

## TEACHING MINORS

All ages are welcome. A trusted adult must also attend<sup>^</sup> the lesson. For younger children and more dependent older students, the parent (or trusted adult) will also be considered an "active participant" (required to register and complete all consent forms for themselves and their dependent).

<sup>^</sup> Adult may stay just outside the lesson if agreed upon by parent/guardian, student, and teacher for older minors.

## REGISTRATION

[Email Me](#) for scheduling/registration *[Last minute scheduling only if time and space allow]*

## PAYMENT

Due at time of registration for each participant. [See website for current rates](#)<sup>^</sup> and payment methods.

Website rates do not include additional entrance/venue fees, activity related costs, etc.

<sup>^</sup> Discounted rates or work study options must be agreed upon in writing.

## REFUNDS

Partial<sup>^</sup> refunds<sup>+</sup> with **at least** 72 hours notice or extenuating circumstances

No refunds<sup>+</sup> for cancelations with under 72 hours notice

Full refund<sup>+</sup> if student fills their lesson time *[Prior approval required]* OR teacher must cancel

<sup>^</sup> [See website for current scheduling fee and other details](#)

<sup>+</sup> Any prepaid entrance/venue fees/activity related costs refunded or rescheduled at venues discretion

## LATE ARRIVAL

Lesson CANCELED if **more than** 15 minutes late **and** no notification by student/teacher

*STUDENT:* Notify me if possible *[Lesson still ends at scheduled time and full lesson rate applies.]*

*TEACHER:* Full lesson provided if possible. *[Discount given if more than 15 minutes late.]*