

Teaching and Performing with the Alexander Technique

The Alexander Technique focuses on improving coordination through efficient movement of the body, bringing practitioners an awareness of the quality and subtlety of individual movements. It restores most natural coordination, reawakens a person's natural kinesthetic sense, and activates the involuntary anti-gravity response.



Robert Bedford has taught applied keyboard music at West Chester University for more than 40 years.

He also achieved certification as an Alexander Technique Teacher.

Each person has a different experience of movement, and each person who uses the Alexander Technique will come to a different result. A musician may find her hands are lighter on the keyboard and she no longer tires as easily after hours of practice. An office worker may find that his neck pain and carpal tunnel syndrome are diminished after several sessions. A mother may find a new and effortless way to lift her baby.

A NEW video available on DVD!

Artisan Workshop – Robert Bedford: Teaching and Performing with the Alexander Technique

Pianist Robert Bedford leads you through exact routines for teaching and performing using principles of The Alexander Technique.

Dr. Bedford shares an approach to learning that speaks to all teachers. A working knowledge of the physical basis for gaining greater mastery of human coordination offers several advantages for teachers, including:

- reducing the threat of injury from repetitive motion
- reducing performance anxiety, leading to peak performance
- providing students with tools they can use to recognize and solve problems on their own
- stimulating fresh connections for expanding pedagogy

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