

Alexander Technique Workshop:

- 25 June - 01 July 2020

This is an offer for everyone who would like to combine holidays in the beautiful Greek island of Kea, in Cyclades, with an intensive Alexander Technique workshop experience.

The participants will have the opportunity to work together, in small groups of approx. five to eight people. They will also have the chance to stay together in a luxury villa.

The villa is by the sea on a rocky cliff, offering a wonderful opportunity to connect with the beauty and tranquility of the location during the workshop. In the quiet surrounding of the villa, one can read, write, swim, cook, and enjoy its own rhythm of vacation. The house has access to the sea, while the closest sandy beach is about 5 - 10 minutes away by car. Taxis are also available, for those who wish to explore the island.

The workshop is a wonderful experience that nourishes body and mind. It is also a great opportunity for participants to release unnecessary tension, while staring into the blue waters of the Aegean Sea. In parallel to the workshop, one can explore the island, enjoy its beautiful beaches and nature, swim in nearby beaches or in the villa's private saltwater pool, taste the Mediterranean delicacies, or do absolutely nothing...

The workshop is open to anyone interested in the Alexander Technique. Participants are welcome to join alone, with a partner or a friend. The villa has also a private guesthouse which can host a small group of three friends.

Due to limited capacity and to the first come first serve basis of participation, if you are interested, please contact us the sooner.

We look forward to welcome you to this wonderful Alexander Technique retreat, that combines holidays and self-work.



Kea in Greece:

Kea, also known as Tzia, located just 60 km southeast of Athens. Kea is a hidden jewel in the



Cyclades and has its own unique style. The coastal areas are rocky and barren, in contrast to the fertile interior of the island, where small plateaus interrupted by valleys, and gorges with lush vegetation and small forests of Valonea oak shape the landscape. The predominantly steep coast is interspersed with numerous small bays, grottos and capes.

It is a quiet island with calm and clean water. All beaches are easily accessible. For those who want, there is the possibility for hiking, as Kea offers very beautiful hiking trails. We will not miss to visit the beautiful city of Loulis, an ancient city built on a rock and spreading like an amphitheater on a hillside. Kea used to be called "Water Island Ydrousa". It is believed that the name derives from aquatic nymphs who, according to mythology, lived here.

Demanding visitors will find peace, authenticity and a true Aegean environment. Since there are only a few hotels on the island, private houses are rented, most of which are built of local stone. Kea is the ideal island for those who want to relax and have a nice holiday.



Villa Christina:

Villa Christina is on the sea front in the area of Mellisaki, which is 10 minutes by car from the harbor of the island and 5 minutes by car from the nearest organized beach Xyla. The villa is on two levels and consists of a living room with a fireplace, a dining area, a fully equipped kitchen, a wc., three master bedrooms with en-suite bathrooms and a large guest house. Outside there is a large swimming pool, a Bar, a BBQ and various covered dining and seating areas, where one can relax and enjoy the fantastic sea view as well as the stunning sunsets. From the swimming pool there are steps that lead down to the sea where one can enjoy a swim in the crystal blue waters.

Amenities: internet, air-conditioning in all the bedrooms, Flat screen TV, DVD player, CD player, hobs, oven, refrigerator, freezer, toaster, washing machine, dishwasher, Nespresso machine, filter coffee, microwave, iron and board, fireplace, heating.



Alexander Technique: (short description)

The amount of effort we use for an action - whether it be more active or more passive - is often inappropriate and associated with too much or too little muscular activity. This often expresses itself in "bad posture", and we often only become aware of it through pain, tiredness, lack of motivation and loss of energy. The mere will or the good intention to change are not enough, and an ambitious desire to "do things differently" can even lead to an opposite result. In the Alexander Technique we observe this phenomenon in everyday positions such as standing, lying and sitting, walking, sitting down and standing up and apply the principles of the Alexander Technique. Frequently described effects of this work include: having less pain, feeling lighter, more complete, more self-aware, more confident. The Alexander Technique was developed by F.M. Alexander at the beginning of the 20th century in a process of persistent self-observation and is now widely taught in many countries around the world.

Group classes

Although lessons are taught in groups, the teacher nonetheless works with each person individually, supporting and guiding their own research and experiments with a subtle use of touch and with verbal explanations. Questions and problems are discussed together and reconsidered in relation to each person's personal body experience. In addition, there are activities with the group as a whole. In a group we discover that in our own way we are all dealing with similar questions – how can I deal with tension and pain? What characterizes so-called "bad posture"? What is a habit and how can I address this habit in a new way?

How can I modify it if it is an unsuitable one? We learn to recognize and describe more accurately the phenomena in their complexity. We notice, for example, that it is much easier to see the harmful habits exhibited by others than to see our own. Together we can look for possible solutions with the help of the Alexander Technique. The group experience supports the individual in continuing to apply the Alexander Technique in the course of his everyday life and can give impulses for a new way of "using himself".

Private lessons

In an individual lesson the Alexander technique is taught through guided everyday movements, such as walking, sitting down, standing up, and through basic positions, such as sitting, standing, lying. Grasping and lifting objects can also be explored in a lesson, as can more specific movement sequences, such as playing an instrument, writing or working at a computer. Individual lessons enable the work to be more intense and personal. The teacher uses subtle contact with his hands and complements this with verbal explanations. Step by step the student can deepen his/her sensory awareness, he/she develops a new sense for the body and learns to move with less pain and more naturally, with greater ease within his body. Everyone begins lessons from a different place, from a different background and with different expectations. Accordingly, the number of lessons as well as the lessons themselves will vary with each individual. The aim is to build up an experiential knowledge which will enable the student to apply the principles of the Alexander Technique in his everyday life. A private lesson is 40 minutes long.

The Workshop:

During the week, the group will meet on two days for group work.

On group work days, participants will receive one personal private lesson. Two personal lessons will be given to each participant on all other days. In the mornings, participants will have the option to participate in a guided Yoga/ Meditation session if they wish.

Schedule:

25. June, Thursday	arrival to Kea, earliest check-in at 12:00 20:00-22:00 dinner
26. June, Friday	08:00-09:00 Morning Yoga / Meditation (optional) 09:30-10:30 Breakfast 10:30-13:00 Introduction to the Alexander Technique (group) 13:30-14:30 Lunch 15:00-18:00 Private sessions (40 min each) 19:30-21:30 Dinner
27. – 29. June, Saturday – Monday	08:00-09:00 Morning Yoga / Meditation (optional) 09:30-10:30 Breakfast 10:30-13:30 Private sessions (40 min each) 14:00-15:00 Lunch 15:30-18:30 Private sessions (40 min each) 20:00-22:00 Dinner
28. June, Sunday	08:00-09:00 Morning Yoga / Meditation (optional) 09:30-10:30 Breakfast 10:30-13:30 Private sessions (40 min each) 13:30-14:30 Lunch (optional) <i>*Sunday afternoon and evening are free.</i>
30. June, Tuesday	08:00-09:00 Morning Yoga / Meditation (optional) 09:30-10:30 Breakfast 10:30-13:30 Private sessions (40 min. each) 14:00-15:00 Lunch 15:30-18:00 Group session 19:30-21:30 Dinner
1. July, Wednesday	12:00 check out

Teachers:



Jörg Aßhoff has been teaching since 1993 in his own private practice. Additionally, he has been teaching at the Universität der Künste (university of performing arts), community centers (Volkshochschule) and speech therapy schools. He is a member of the German worldwide accepted Alexander-Technik association ATVD. From 1999-2003 he organized and assisted in a teacher-training course. In January 2004 he founded his own school, „Alexander-Technik-Schule Berlin“. He is a moderator at three teacher training courses in Germany and France.



Karolina Karter is a certified Alexander Technique teacher (ATVD) and Yoga instructor. Her Master's degree is on Integral Movement and Performance Practice and has a degree in devised theatre. She is also an alumna of the Greek National Theater Drama School. Since 2011 she has been working as an actress and in 2014 she started facilitating drama and movements workshops in schools and universities.

Costs:(excluding flights and transportation)

Course fees:

- 900 Euro
- 800 Euro Early Bird -registration till 1st April 2020

Accommodation:

Rooms can be rented individually or shared with another participant. The prices for 6 nights (including cleaning fees) are as following.

- Shared room (per person): 260 Euro
- Single room: 520 Euro

In the package is included the breakfast, light lunches and four dinners. Please let us know in advance about your specific dietary needs. Two out of the six evenings, we are planning to enjoy the local delicacies at a traditional tavern (optional - cost not included in the package price).

Info and Registration:

Due to limited capacity, a first come first serve basis of participation will be followed. If you are interested to attend, please contact us the soonest possible, via email, to secure your place.

Once you express your interest to participate, you will receive the details of the bank account to which you can transfer the amount of 500 euros as a deposit. The amount of the deposit is not refundable in case of cancellation. The remaining balance should be paid off no later than 1 month prior to the beginning of the workshop. In case of cancellation 10 days prior to the beginning of the workshop, the amount of the remaining balance is not refundable.

For further information as well as to express your interest of participation, do not hesitate to contact us:

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Travelling tips to Kea:

Athens airport to Lavrio Harbor:

From Athens Eleftherios Venizelos airport, you can take a taxi to Lavrio harbor (aprx. 35-50 Euro).

There is also an option for a bus. Once you exit the arrivals gate, you can see the bus station right in front of the Sofitel Airport Hotel. There is no direct bus line to Lavrio from Athens airport. However, the KTEL bus line runs from the airport until 22:00, and you can change at the Markopoulo stop to a bus that will reach Lavrio harbor terminal. Tickets cost around 4€ and the total journey will take around 60 minutes. You can purchase your tickets directly from the bus driver when entering the bus.

Lavrio harbor to Kea:

Twice a day, there are routes from Lavrio harbor to the island of Kea. These can be searched online closer to the travelling date. The trip duration is around 1 hour and the one-way ferry ticket costs approx. 12.50 Euro.

Looking forward to meeting you in person!