

Contemporary Alexander School Modules

Body, Breath & Sound Modules

The BBS Modules offer you tools for recognizing and releasing habitual patterns of breathing and sounding.

Focus is on identifying your personal interference patterns, especially when you are in the activities of your life. There is particular attention given to the relationship between your breath/vocal patterns and your ability to use your hands effectively with another person.



Based on a fusion of Feldenkrais, vocal science, yoga, Daoist movements, and decades of private voice studio teaching, renowned voice teacher Adriana Hardy has developed a concise and practical blend of experiential material for those wanting to understand the relationship between the organization

of the body, the use (functional or dysfunctional) of the breath, and quality and ease of sound.