

Contemporary Alexander School Modules

Hand Skills - The High Art of Touch

The Hand Skill Module offers a diverse range of tools for developing the ability to receive and offer information through touch. You will learn how to see, feel, know, and understand who you are touching and how their inner world is functioning. What are their strategies and patterns - at each layer (bones, muscles, organ, thought, energy, etc)? Where do they move easily and where is the internal interference?



Similarly, you will learn how to offer new information through non-manipulative, compassionate, patient contact. You will learn how to modify the volume of your hands - speaking very quietly or with great emphasis - without pushing or pulling.

You will learn how the quality of your whole being - mind, body, emotion, spirit, energy - affects your hands.

This Module is core material for the Alexander Teacher Training, the High Touch course, and the AT Post-Graduate studies, and can be taken at any level of expertise, as the material is tailored to your specific needs.