

## WHAT YOU WILL LEARN

For those who support, move, nurture, educate, and rehabilitate others directly through touch:

You will graduate this course with more confidence, with more skill, with deeper understanding, and with hands that are refined, receptive, more curious, more communicative, and more effective.

You will learn how to take better care of yourself, while you work.

You will become freer, more powerful, and more beautiful; transforming your skill from technique to artistry.



"The only thing you have to offer another being, ever, is your own state of being."  
- Ram Dass



### INFORMATION:

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# HIGH TOUCH

**CAREER ENRICHMENT  
CERTIFICATION  
PROGRAM IN  
CONTEMPORARY  
ALEXANDER TECHNIQUE**



## OVERVIEW

A one year career enrichment certification program in the Alexander Technique for all those who directly use their hands in their work to help others.

Ideal for movement educators, somatic practitioners, physical, occupational, & speech therapists, massage therapists, nurses, and hospice workers.

## HIGH TOUCH

Through his hands, FM Alexander was able to access people's innate coordination, enabling them to move comfortably and freely. He found a way to bring all of this about without any force.

To most it felt totally magical. But it wasn't.

It was skill. It was technique.

It was "high touch".

And you can learn this too.

## UPGRADE YOUR HAND SKILLS

Develop a profoundly sophisticated, communicative and skilled touch.

Learn to quiet yourself, allowing your hands to listen deeply to another.

## LEARN TO CARE FOR YOURSELF, AS YOU CARE FOR OTHERS

We can't give support, nurturance, comfort, power, and ease to a person through our hands unless we are, in ourselves, supported, well nurtured, comfortable, powerful, and at ease. You will learn how to do this for yourself.

## LIVING IN A BODY™

Your nervous system uses your 'map', your beliefs about your inherent design, to organize your coordination - whether or not those beliefs are accurate! Learn to teach Body Mapping to individuals and groups.



## ABOUT Robyn Avalon

Robyn has been studying Alexander's Work for over 40 years. She is the Founding Director of The Contemporary Alexander School, offering contemporary teacher training programs in Santa Fe, NM & Portland, OR, and is Co-Director & Core Faculty of Alexander Alliance International, with training and post-graduate programs in Germany, Switzerland, Austria, France, UK, & Japan.

Robyn is also the Creator of *Living in a Body™: The Quintessential Owner's Guide to Natural Movement*, a Professional Body Mapping Certification Course and manual translated into 6 languages and taught worldwide.

Robyn maintains private practices in the US and Europe, incorporating her expertise and certifications in Contemporary Alexander, Cranial Sacral, Visceral Unwinding, Deep Imagery®, Matrix Energetics®, and Intuitive Arts to create a truly unique somatic experience.

She offers workshops for beginners through post-graduates worldwide; as well as being a guest artist in performing arts and classical music conservatories throughout North America, Europe, and Asia.

