



Alexander Technique Resources

Calming the Performance Anxiety Beast – Changing the Way We Think, Act and Play

Alexander Technique Resources

Workshop with Dr. Gabriella Minnes Brandes
and Judy Fischbach

Books

The Use of Self by F.M. Alexander

Indirect Procedures A Musician's Guide to the Alexander Technique 1st edition
by Pedro De Alcantara

How You Stand, How You Move, How You Live: Learning the Alexander Technique to Explore Your Mind-Body
Connection and Achieve Self-Mastery by Missy Vineyard

Body, Breath and Being: A New Guide to the Alexander Technique by Carolyn Nicholls

Websites

Dr. Gabriella Minnes Brandes

<https://sites.google.com/view/alexandertechniquecentre/gabriella-minnes-brandes>

Society of Teachers of Alexander Technique (STAT)

<https://alexandertechnique.co.uk/>

Alexander Technique International

<https://www.alexandertechniqueinternational.org/>

American Society for the Alexander Technique

<https://www.amsatonline.org/aws/AMSAT/pt/sp/about>

Alexander Studies Online

<https://www.alexanderstudiesonline.com/>

The Complete Guide to the Alexander Technique

<https://alexandertechnique.com/>

Jessica Wolf's Art of Breathing

<https://www.jessicawolfartofbreathing.com/>

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Jean McClelland

Voice, Breathing and the Alexander Technique

<https://www.jeanmcclellandvoice.com/>

Video Links/Podcasts

Introduction to the Alexander Technique: Marjorie Barstow

https://www.youtube.com/watch?v=NdrP_XGEuWI

Part I - Learning and applying the Alexander Technique as a musician

Lorna Mcghee and Gabriella Minnes Brandes

<https://www.youtube.com/watch?v=MLPpuQ7aaD0&t=55s>

Part II - Integrating Alexander Technique principles with teaching flute

Lorna Mcghee and Gabriella Minnes Brandes

<https://www.youtube.com/watch?v=MLPpuQ7aaD0&t=55s>

Part III - Collaboration between Alexander Technique and Music Teachers

Lorna Mcghee and Gabriella Minnes Brandes

<https://www.youtube.com/watch?v=VKFk--fL2qc>

Part IV - Applying the Alexander Technique to Music Performance

Lorna Mcghee and Gabriella Minnes Brandes

<https://www.youtube.com/watch?v=zvnHBL0tNyA>

Health Young Musician Project: Alexander Technique Research at the Royal Academy of Music

Julia Duschenes, Helen Kuby and Judith Kleinman

<https://www.alexanderstudiesonline.com/blog/the-23rd-edition-of-the-aso-newsletter>

Alexander Technique and using the body as an instrument with Gabriella Minnes Brandes Everybody Speaks

Music S2E6 Podcast

<https://podcasts.apple.com/ca/podcast/alexander-technique-and-using-the-body-as/id1582652354?i=1000590436912>

Alexander Technique: Conversation with Marjory Barlow

<https://www.youtube.com/watch?v=SjcY9S-bwIs&t=7s>