



Memorial Lecture 2014

Saturday 14th June - 4.00pm – 5.00pm

with Judith Kleinman

**Alexander, Music and Education:
paths to self-acceptance and self-development**

The talk will describe the development of the Alexander teaching at the Royal College of Music from Wilfred Barlow's initial experiment 60 years ago to the present day - the work is now embedded in the Degree Course. I will reflect on how our teaching has been informed by the needs of the Students and Professors and a sense of collaboration with the College. I am interested in how Alexander work supports the wellbeing of students and facilitates the learning process and can coexist within the culture of international institutions of excellence as well as our educational system in general. I shall look at how our work helps develop reliable coordination, balanced energy and the emotional space, creativity and performing confidence that is vital for all performers. I shall describe how we have developed relationships between the RCM and some Alexander Teacher Training courses - this sharing of experience is of benefit to both communities.

Biography

Judith Kleinman is a professional musician and one of the Alexander Teachers at the Royal College of Music. She also teaches at the Junior Royal Academy. She is Assistant Head of Training at LCATT in Highbury and teaches at the WATC training in Covent Garden. Judith has collaborated with Sue Merry on writing and workshops, taking AT into school-age Education. Judith is coordinating a STAT 'Special Interest Group' looking at Alexander Technique in Education. She is involved in the 'Performing Self' project, developing CPD workshops and a Masters Programme for Alexander teachers working with performing artists. Judith and her husband, Peter Buckoke, were invited by Bloomsbury to write 'The Alexander Technique for Musicians' - it was published in November 2013. After training with Mr MacDonald, Shoshanna Kaminitz and Walter Vaughn-Jones, she went on to post-graduate work with among others, Mr Carrington, Marjory Barstow, Meredith Page and Barbara Conable. Judith also teaches Tai Chi, another discipline that develops mindful, intelligent movement. She lives in London with Peter Buckoke; they have two sons and two dogs.