

**Jessica Wolf's Art of Breathing  
Postgraduate Training  
Barcelona, Spain - Summer 2016**

**Jessica Wolf and senior teacher Pamela Blanc will offer  
*Art of Breathing* postgraduate training in the summer of 2016.**

***Breathing is as essential to life as the beating of our hearts. -Jessica Wolf***

Each person has a unique breathing rhythm; timing and effort vary from individual to individual. Although breathing is reflexive, we can influence its efficiency by the way we use our bodies. Interfering with the breath compromises our primary control and eventually weakens our overall wellbeing. As Alexander teachers, we can learn to recognize our own breathing habits, and incorporate new and crucial knowledge into our work.

*Jessica Wolf's Art of Breathing* is the result of more than 35 years of ongoing work as an Alexander teacher and 20 years of study with Carl Stough. Both Alexander and Stough were pioneers in the field of respiratory science. *Art of Breathing* teaches specific principles and procedures that address breathing habits and common forms of respiratory misuse. By expanding awareness, Alexander teachers gain new skills to help our students reduce psychophysical tension.

This postgraduate training is part of a 60-hour certificate program for certified Alexander teachers. The program is designed to allow each teacher to progress at his or her own pace. This session will provide teachers with 30 hours of training. Postgraduate hours that fulfill certification can be accumulated over a three-year period. The cost of tuition includes private lessons.



We will:

- Explore how easy and comfortable breathing can be.
- Understand how breathing can calm the nervous system and contribute to a fulfilled performance.
- Identify the primary muscle of respiration - the diaphragm - as it guides the air in and out of the body in coordination with all the muscles of respiration.
- Further understand the anatomy of the respiratory system and visualize breathing coordination.
- Identify common misconceptions about breathing that lead to faulty breathing patterns.
- Promote awareness of the breath during chair-work to support the fundamental length along the spine.
- Deepen the effectiveness of the *whispered 'ah'*
- Clarify the use of monkey by perceiving the three-dimensional torso as a "breathing container."
- Read relevant texts by F.M. Alexander and Carl Stough.
- Find breath support in your body for daily activities, such as speaking, singing, walking or playing an instrument.
- Explore specific techniques to eliminate or manage asthma, low-back pain, musculoskeletal pain, headaches, TMJ, vocal problems, and mood disorders.
- Understand the diaphragm is the muscle of emotion and recognize the breath as a means of expression.

**This five-day workshop will take place in Barcelona, Spain.**

**Where: Nica Gimeno's l'Estudi Centro Técnica Alexander**

**When: July 18-22, 2016**

**Time: 9:30-4:30**

**Fee: €600 (this includes two private lessons)**

**Limited enrollment. To register, email [JessicaWolf170@gmail.com](mailto:JessicaWolf170@gmail.com)**

**Jessica Wolf**, M.AmSAT, (ACAT: New York 1977) has had a private teaching practice in New York City for 38 years. She is an Associate Professor at Yale School of Drama. She is the founder and director of the postgraduate training program for certified teachers of the Alexander Technique, called *Jessica Wolf's Art of Breathing*. In 2013, she created the first three-dimensional animation of the respiratory system and published a collection of her articles. Jessica established the internationally renowned Alexander program at the Aspen Music Festival. She is also a certified Laban Movement Analyst. Jessica travels extensively leading workshops and presenting her work around the world. She was also a Continuing Learning Presenter at the last two Alexander Congresses in Lugano, Switzerland and Limerick, Ireland.

**Pamela Blanc**, M.AmSAT, (ACAT: San Francisco, 1979), is a founder, Senior Faculty member and a Director of the Alexander Training Institute of Los Angeles (ATI-LA). Pamela was introduced to the principles of Breathing Coordination by Jessica Wolf in 1998; briefly studied with Carl Stough in 2000; continued private study with Jessica over the years and enrolled in the first postgraduate training program in *Jessica Wolf's Art of Breathing*, 2002. Pamela is the senior *Art of Breathing* instructor on all *Art of Breathing* postgraduate courses offered to Alexander Technique Teachers. Pamela teaches privately in Los Angeles and in the Music Conservatory at Chapman University.