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AN EVOLUTION OF THE ALEXANDER TECHNIQUE

SELECTED WRITINGS

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Comes with a free DVD: **Two Private Lessons with Walter Carrington DVD**
Beneath is a listing of each item and its origin.

CONTENTS

Part One: The ALEXANDER TECHNIQUE

A Means of Understanding Man

An introduction to the Alexander Technique published in *Systematics*, vol. 1, no. 3, December 1963. It was published as a pamphlet in 1970 by Carrington's own imprint, The Sheildrake Press.

Balance as a Function of Intelligence

This article was published in *Systematics*, vol. 7, no. 4, March 1970. It was subsequently published as a pamphlet by The Sheildrake Press.

Man's Future as an Individual

The F. M. Alexander Centenary Memorial Lecture delivered before the Society of Teachers of the Alexander Technique, 8th July 1969. It was subsequently published as a pamphlet by The Sheildrake Press.

Learning From Experience

was a short promotional flyer for the Constructive Teaching Centre. There is no date but would most likely have been published in the 1970s.

What is the Alexander Technique?

Short article first circulated privately.

The Role of Scientific Knowledge in the Technique

was a guest editorial in *The Alexandrian* vol. iii, no. 2, Winter 1984.

Part Two: TEACHING THE ALEXANDER TECHNIQUE

Extracts from Three Talks

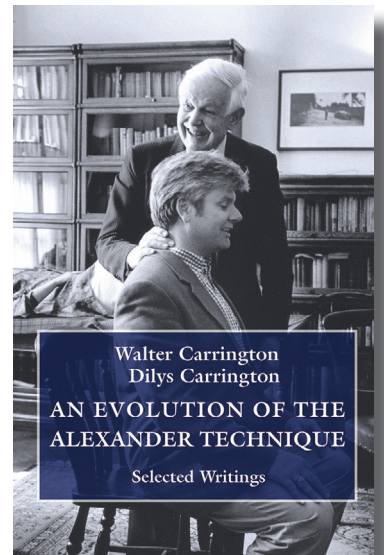
was edited by John Nicholls and first published in *Direction* vol. 1 no. 4, 1988 as "Walter's Talks".

On Categorizing the Alexander Technique

was first published in *The Alexander Journal* no. 10, December 1989. It was subsequently published as a pamphlet by The Sheildrake Press.

Message on Videotape to the 4th Alexander Congress

was recorded for 4th International Congress of the F. M. Alexander Technique in Sydney, Australia, in 1994.



Master Class at the Israel Congress

was given at the 5th International Congress of the F. M. Alexander Technique. It was first published in *The Congress Papers Jerusalem 1996*.

Head Balance

was first published in *STATNews* vol. 4 issue 16, September 1996.

Rib Movement

was first published in *STATNews* vol. 4 issue 18, June 1997.

Attitude

A talk given at CTC 4 July 2003, transcribed, and since circulated as photocopied pages.

The Training Course at Lansdowne Road

A brief description of the structure of the training course by Walter Carrington, Dilys Carrington and Ruth Murray, dated January 1992. It was circulated as photocopied pages.

Alexander's Attitude Towards the Problem of Learning

is an unpublished, undated MS. Possibly 2003–05.

What I Teach and How I Teach It

is an unpublished MS, dated 29th October 2004.

Why it is Important to be Familiar with Alexander's Books

is a talk given at the Constructive Teaching Centre on 4th March 2005 and first published in *AmSAT News* no. 69, Winter 2005.

Part Three: HISTORY OF THE ALEXANDER TECHNIQUE

F. M. Alexander - A biographical outline

was based on an unfinished MS by Ron Brown, probably written in the late 1940s or early 1950s. Walter Carrington edited it and published it as a Sheildrake Press pamphlet in 1979.

The Australian Influence – On the Life and Work of F. M. Alexander

was first published in *Direction* vol. 1 no. 4, 1988.

F. M. Alexander As I Knew Him

was the F. M. Alexander Memorial Lecture given 10th July 1993. First published in *The Alexander Journal* no. 14, 1995.

Back In The Beginning

was one of three talks given by Walter Carrington at the International Congress of the F. M. Alexander Technique in Oxford, 2004. It was first published in *The Congress Papers Oxford 2004* (STAT Books, 2005).

Notes for an Alexander Technique Teacher

was written in the 1990s and only circulated as typewritten pages.

Alexander and Emotion

is dated 18 February 1998 and read out to the 6th International Congress of the F. M. Alexander Technique in Freiburg, Germany, in 1999. It was first published in *The Congress Papers Freiburg 1999* (STAT Books, 2001).

Walter Carrington Recalls FM

were a series of 12 short articles which appeared in the journal *Direction* between 1992 and 2005. They were extracts from his talks to his students and each piece was edited by a teacher.

Part Four: INTERVIEWS

An Interview with Walter Carrington

by John Nicholls, was first published in *Direction* vol. 1 no. 4, 1988.

The Use of the Eyes

is an interview with Walter Carrington by Brigitte Cavadias and Marjory Fern which was first published in *Direction* vol. 2 no. 7, 1999.

Two interviews with Walter Carrington

by Hidemi Hatada 2004 and first published in *Conscious Control* vol. 1 no. 1, Spring 2007.

Part Five: STAT

These letters concern various regulatory proposals by the Society of Teachers of the Alexander Technique (STAT).

Self-Regulation

is a letter dated October 2003 and first published in *Direction* vol. 3 no. 3, 2004.

First Letter to the Chair of STAT

This letter is dated 4 September 2004 was written concerning the issue of competencies.

Second Letter to the Chair of STAT

was published in *STATNews* vol. 6 issue 15, February 2005.

Letter to STATNews

is a letter to the editor of *STATNews* on the subject of competences and voluntary self-regulation, vol. 6 issue 15, February 2005.

Reflections on the “Opinion survey on Voluntary Self-Regulation”

is a response to the Spring 2005 STAT survey with the question: “Do you think that STAT should continue to participate in the work of the Alexander Technique Voluntary Self-Regulation Group?” This response was written June 2005 and circulated as a photocopy and published posthumously in *Conscious Control* 2007.

The Future of STAT

is a response to the Special General Meeting of March 2005, and was published in *STATNews* vol. 6 issue 16, June 2005.

Walter Carrington on the Regulation of Alexander Technique Teacher Training Courses

was a speech given 16th June 2005 to representatives of STAT.

Part Six: NOTES AND DRAFTS

These were short notes and drafts found on Walter Carrington’s computer after his death by his family. Several of them had been circulated informally to various teachers, and some were not, probably because they were unfinished. Some are dated; as for the undated notes it is believed that were written in the latter years of his life (1990s+). They are divided thematically in two. Section One: On the Alexander Technique; and Section Two: On the History of the Alexander Technique.

Part Seven: DILYS CARRINGTON

Human Movement

was published 1977 in the The Sheildrake Press pamphlet “Means to An End”. It was published posthumously in the *AmSAT Journal* issue 82, Spring 2010.

An Interview with Dilys Carrington

Interviewed and edited by Lynn Nicholls and published in *Direction* vol. 1 no. 4, 1988.

Notes on Putting Hands on the Back of the Chair

Notes for students at the Constructive Teaching Centre, 1983. It was published posthumously in the *AmSAT Journal* issue 82, Spring 2010.

Using Your Hands

Notes for students at the Constructive Teaching Centre, December 1984.

Going into Monkey

Notes for students at the Constructive Teaching Centre, Easter 1985. It was published posthumously in the *AmSAT Journal* issue 82, Spring 2010.

Thoughts on Teaching Walking

Notes for students at the Constructive Teaching Centre, August 1991.

Shoulder Girdle

Notes for students at the Constructive Teaching Centre, 2001.

Spirals

Notes for students at the Constructive Teaching Centre.

A Slightly Different Way of Looking at Things

Notes for students at the Constructive Teaching Centre, January 1993. It was published posthumously in the *AmSAT Journal* issue 82, Spring 2010.

Direction is Multi-Faceted

Notes for students at the Constructive Teaching Centre, January 1993.

Pitfalls into which Most of Us Have Fallen at One Time or Another

Notes for students at the Constructive Teaching Centre, February 1996. It was subsequently published in *STATNews* vol. 4 no. 15, June 1996.

What Should I Look For in a Teacher

Notes for students at the Constructive Teaching Centre, January 1992.

Part Eight: APPENDIX

Training with Walter Carrington 1955–59 Notes

by Kirk Rengstorff. These notes were first made available by Laurie Shawger and Joan and Alex Murray in 2015.

A Visit to Denmark 1959

is an hitherto unpublished diary by Walter Carrington covering the “First International Congress for Release of Tension and Functional Movement” held in Copenhagen in 1959.

The Results of the Move to Lansdowne Road

appears to be a summary of lectures by Walter Carrington from the late 1960s. The date and author is not known.

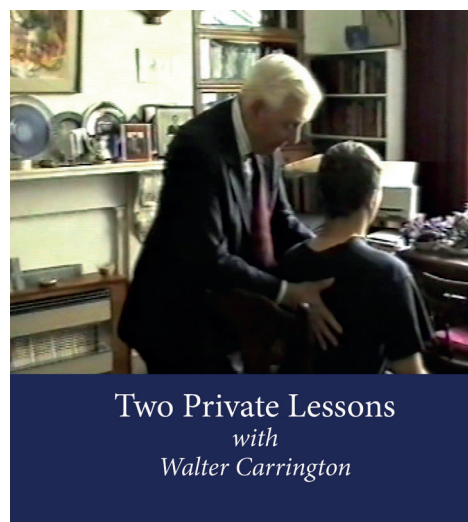
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with
Walter Carrington

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