

# One-day Workshop Aikido and the Alexander Technique with Regina Stratil and Tim Soar



Sunday September 17<sup>th</sup> 2017  
10:30 to 16:00

at The Constructive Teaching Centre  
13 The Boulevard, Imperial Wharf,  
London SW6 2UB

The workshop is open to Alexander  
teachers, teacher trainees, and  
experienced students of the  
Alexander Technique.

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Aikido is a modern martial art in the classical tradition. The practice of the traditional arts of Japan is understood as an opportunity to balance the body and to focus the mind. Many of these traditional disciplines are also significant visual art forms, and Aikido, with its flowing movements and calligraphic gestures, can be very beautiful to watch, almost like a vigorous partnered dance.

The primary focus of the Alexander Technique, and that of Aikido, are essentially the same: how to meet an increasingly stressful stimulus with poise, equanimity and clear decision. Aikido is practised as a movement discipline with a partner, which works towards our being able to meet another person's intentions and energy – even hostile intentions – without shrinking, and in a way that promotes the best outcome.

In this workshop we will explore some of the ideas of Aikido, and learn some of its forms and movements, both singly and in pairs. We will explore how we meet and make contact with a partner, and how we can blend with a partner's movement without losing our own direction.

Regina Stratil and Tim Soar are both Alexander Teachers with over 20 years' experience of Aikido, and have trained with many of the most senior Japanese and Western instructors. About a year ago, they began to discover similarities in their Alexander-influenced approach to Aikido, and they offer this workshop as a synthesis of their ideas.



Fee: £70, or £50 for Alexander teacher trainees and those in full time education

For more information and booking contact  
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