

# Alexander Technique Workshops



**SIMPLY AWARE**  
Wellness & Training Center

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## Alexander Technique Workshops | November 1-3, 2019 | **EARLY BIRD Expires October 15, 2019**

We are excited to welcome Wes Howard M.A., AmSAT to Dallas for a series of Alexander Technique Workshops. With over 25 years of teaching experience in the field of somatic therapy, it promises to be an amazing weekend of learning and fun. The Alexander Technique is well known for helping with chronic health and pain problems where traditional medical approaches often fail. Especially with musculoskeletal problems: back, neck and spinal pain (verified with a medical trials in the British Medical Journal), tendinitis, carpal tunnel syndrome, plantar fasciitis and other repetitive stress injuries. Many have found relief from other chronic health problems: headaches, insomnia, fibromyalgia, digestive issues and depression.

**WORKSHOP NOTE: Please wear loose, comfortable clothing and be prepared for gentle hands-on work.**  
**Alexander Technique is learned experientially using skillful hands-on and verbal guidance.**

### ATTENTION SimplyAware Charter Members

**Friday November 1, 2019 7:00 pm Meet & Greet with Wes Howard**

Charter Members come early and enjoy snacks and refreshments with Wes, Chris and Fayne.

### Introduction to Alexander Technique (1.5 Hour Session)

**Friday November 1, 2019 7:30 pm to 9:00 pm**

Learn why so many top professional musicians and athletes depend on Alexander Technique to stay on top of their game and injury free. With over 25 years teaching experience, Wes Howard will introduce you to the basic concepts and techniques which have proven so powerful at creating strength, stability and superior performance within his clients and other Alexander Technique practitioners.

**FREE CHARTER MEMBER EVENT | NON-MEMBERS: **EARLY BIRD \$30.00!** COST: \$40.00 (light snacks included)**

### Exploring Alexander Technique (6 Hour Session with a Break for Lunch)

**Saturday November 2, 2019 9:30 am to 5:00 pm**

Learn the basics of your body structure and movement with Experiential Anatomy, Developmental Movement (how babies learn to move) and Evolutionary Movement (how we evolved into the structure we now have). All taught with gentle movement and awareness exercises to help you with your process of healing and give you the tools for your own experimentation at home! You will also learn the basics of how the brain develops habit, why it is difficult to change these habits, and give you techniques on preventing unwanted mental and physical reactions.

**EARLY BIRD \$190.00! COST: \$225.00 (includes light snacks and refreshments / Lunch on your own)**

### Applied Alexander Technique (3 Hour Session)

**Sunday November 3, 2019 10:30 am to 1:30 pm**

This unique workshop was requested by Sifu Chris to explore how Alexander Technique can help improve your Tai Chi, Qigong, Martial or Yoga practice. Wes has been practicing Tai Chi for over 25 years and is excited about the opportunity to teach Alexander from this new perspective. Because we are focusing on fundamental human structural integrity, it really does not matter what movement you want to improve, this workshop will help you boost your performance.

**EARLY BIRD \$90.00! COST: \$120.00 (includes light snacks and refreshments / Lunch on your own)**

### Private Sessions with Wes (60 and 30 Minute Sessions available)

**By Appointment Only | Thursday 2-6 pm | Friday 9:30 am to 1:30 pm**

The Alexander Technique is renowned for its trademark gentle hands-on work unraveling bad bodily habits, while giving a dramatic experience of using the body more naturally, with effortlessness and power. Private lessons are largely hands-on guidance, while the teacher also works with your thinking and awareness to make even deeper changes. Focused attention can be a powerful tool to help maximize your performance. No removal of clothing necessary.

**LIMITED APPOINTMENTS AVAILABLE | COST: \$100.00 / 60 Minute Session | \$60.00 for a 30 Minute Session**



## Instructor Profile: Wes Howard M.A.,AmSAT

Wes Howard has been a certified practitioner of the Alexander Technique since 1994 and currently sits on the Board of the American Society of the Alexander Technique (AmSAT). He trained with Joan Murray at the Urbana Center for the Alexander Technique from 1991-94 and at The Alexander Foundation in Philadelphia from 1989-90. He has extensive post graduate training with Joan Murray and completed John Nichol's Post Graduate Training program in 2006. He has studied the major lineages of the Alexander Technique - Carrington, Macdonald and Barstow. As a classical guitarist, he received his Bachelor of Music from the University of North Texas and his Master of Music from the University of Michigan.



Wes now concentrates on his private Alexander teaching practices in Urbana, Bloomington and Peoria. He has taught classes and private lessons in the technique at the University of Illinois, Illinois State University, Illinois Wesleyan University, Bradley University, Parkland College, Heartland College, Park Districts in Champaign, Peoria and Bloomington, Proctor Hospital in Peoria, Bromenn Hospital in Bloomington, the Hult Health Education Center, the Conductors Guild Workshop, the American String Teachers Association String Fest, the Illinois Summer Youth Music camp, and at the Bayview Music Festival in Michigan. He has intensively studied other complementary disciplines including Tai Chi, vocal technique, developmental movement, nutrition and techniques in motivation and self presentation.

## Testimonials

*"In my Physical Therapy work, I have explored different mind/body, bodywork disciplines in search of useful healing techniques. My Alexander lessons with Wes have cut to the core where nothing else has. I find the Alexander Technique to be as basic to healthy physical and mental functioning as breath to life itself. I have successfully used it on myself to eliminate TMJ pain and still use it everyday to maintain mental clarity and to rid my body of tension. My senses are keener and I can type and play musical instruments without aggravating my history of carpal tunnel syndrome. Wes has given me the skills to actively participate in my lessons and to practice the technique in my everyday life. Any patient could benefit from the Alexander Technique and Wes' teaching in particular"*

**Joanne Duitsman, Physical Therapy Assistant**

*"Last week I had my first session of the Alexander Technique with Wes Howard. I am so appreciative for what I learned and unlearned about how I move my body. It was so much more than "good and bad" posture. It was being fully conscious of all my body movements. I can't even tell you when the last time I got up from a seated position that I was aware of what was in front of me. I don't even look up when I get up. I am so busy in my mind on the next ten things I had to do, that I wasn't even seeing what was right in front of me. In a time when so many are awakening and becoming more conscious of their surroundings and their thoughts and emotions, most (including myself) are not conscious of our amazing bodies and the gifts of our physicality. Being conscious of my body in all positions was amazing and very relaxing. This technique started around the late 1800's. This man was so evolved for his time. I loved going into fetal position and experiencing the correct birthing posture and movements. So many will never have that experience without this technique."*

**Dr. Nicole Lackner, Chiropractor and owner of Holistic Health Center, Peoria, IL**

