2012-2013 Grant Proposals

Leslie Goldberg
"Alexander Pracitioner Technique"
Classroom Innovation Grant

Project Proposal
To have an Alexander Practitioner visit Visual and Performing Arts classes on February 11, 2013:
Alexander Technique is generally regarded as an extremely valuable tool for performing artists such as dancers, singers, and actors, who frequently encounter discomfort, stiffness, lack of elasticity and pain as a result of the physical demands of their respective crafts. Alexander Technique also benefits instrumental musicians and computer workers, whose postures may be rigidly fixed for long periods of time. Its purpose is to improve performance and individual comfort by correcting misaligned body postures which can become habitual in the course of working, rehearsing and performing.

"The Alexander Technique stresses unification in an era of greater and greater medical specializations. Its educational system teaches people how to best use their bodies in ordinary action to avoid or reduce unnecessary stress and pain. It enables clients to get better faster and stay better longer."
-Jack Stern, M.D., Ph.D., Neurosurgical group of Westchester

According to http://www.alexandertechnique.com The Alexander Technique can help you if:
• You suffer from repetitive strain injury or carpal tunnel syndrome.
• You have a backache or stiff neck and shoulders.
• You become uncomfortable when sitting at your computer for long periods of time.
• You are a singer, musician, actor, dancer or athlete and feel you are not performing at your full potential.

The Alexander 'treatment' is achieved through individual observation by a trained Alexander practitioner, who corrects posture by gently moving various parts of the body into alignment. The technique affects the whole body, but especially targets spinal alignment and head/neck posture. In my personal experience, greater physical comfort, technical ability and increased energy result immediately upon receipt of the technician's comments, directions and physical adjustment. Further information about Alexander Technique is available through a number of websites, include the American Society for the Alexander Technique, AmSAT. http://www.amsatonline.org/

In 2011, Alexander Practitioner Betsy Polatin gave a two-hour workshop for music students at Stonehill. About 30 faculty and students were in attendance. The benefit of the training was felt immediately by the students she worked with, and was observed by every one of the faculty present. We would like to repeat and expand this workshop, so that many more students may benefit from individual attention, and the practitioner may be available on campus for a longer period of time, in the classroom and lab settings where help is most needed.

We are requesting financial support for Ms. Corinna Trabucco, licensed Alexander Practitioner, to come to Stonehill College on Monday, February 11, 2013, in order to visit classes in graphic design, voice, piano, chorus and band. Ms. Trabucco is currently teaching a 1-credit course in Alexander Technique for the Computer Science Department this fall. She has suggested that coming to campus for an entire day would be beneficial to visual and performing arts students because she can attend their classes, and work with them individually to address problems in posture and alignment in the rehearsal and work contexts in which the physical problems occur. Additional Information about Ms. Trabucco is available on her website.

http://www.corinnatrabucco.com

Ms. Trabucco will be seeing approximately 90 students in the course of visiting five classes. All classes will be open to outside observers during the course of the day. Ms. Trabucco's visits will be scheduled from 11:30 am - 12:30 pm; 1:00 - 4:00 pm and 6:00 - 9:00 pm. At her charged rate of $125 per hour, the cost for the day will come to $875. The Music Program will provide her lunch and dinner.

Budget:

$875 will cover the cost of Ms. Trabucco's professional fee for 7 hours of classroom visits during the day she is on campus, February 11, 2013. Her hourly rate is $125.