

## ***The Alexander Technique Training Centre (Ireland)***

### ***Ireland's only Alexander Technique Teacher Training Course***

This course is the first and only one of its kind in Ireland. It is approved by STAT (The Society of Teachers of the Alexander Technique UK, [www.stat.org.uk](http://www.stat.org.uk)), and ISATT (The Irish Society of Alexander Technique Teachers, [www.isatt.ie](http://www.isatt.ie)).

The college is primarily designed to offer full training leading to certification as an Alexander Technique Teacher. However you can also choose to visit the college for a week or a month at a time, for your own personal development.

Full training takes three years, and is designed to expand the student's knowledge and apply the principles of the Technique. The course provides all the tools you need to become a confident teacher and fully prepares you for this very rewarding profession.

On completion of the three year training course you will receive an Alexander Teacher's Training Certificate from the College which will enable you to join STAT, ISATT or any of the STAT affiliated Societies (see [www.alexandertechniqueworldwide.com](http://www.alexandertechniqueworldwide.com)) around the world. STAT is the oldest and largest professional society of Teachers of the Alexander Technique, and a STAT Certificate is recognised all over the world by professional societies in different countries.

### ***How To Apply***

If you have any questions about the course prior to application, you can write, email or phone the Director, Richard Brennan at:

***Alexander Technique Training Centre (Ireland)***  
***Kirkullen Lodge, Tooreeny, Moycullen, Co Galway, H91 DN2A, Ireland***  
**Tel: 091 555800 (or from abroad: 00353 091 555800)**  
**Skype: rick.brennan**  
**Email: [info@alexander.ie](mailto:info@alexander.ie)**

To apply for a place on the full three-year course please complete the application form on the next few pages, and send to the address above. *If you wish to visit the course for a shorter period, please fill in the first page only.*

### ***Fees***

The fees for the course are €1,950 a term. A €600 deposit is payable when accepted onto the course. The balance is to be paid on the first day of the course. Subsequent fees are due one month before the beginning of each term.

*Note: The St Anthony's and Claddagh Credit Union have agreed that Students of the Alexander Technique Centre are entitled to a low interest student loan. Please contact the Director for further details.*

## Application Form

*If you wish to visit the course for less than a month, fill in this page only.  
Please fill in all pages if applying to do the full training.*

Name \_\_\_\_\_

Date of birth \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Country \_\_\_\_\_

Phone: Home \_\_\_\_\_ Mobile \_\_\_\_\_

E-mail address *(please print clearly)* \_\_\_\_\_

### **Please answer the following questions:**

- ⊃ What first brought you into contact with the Alexander Technique?

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- ⊃ What experience of the technique have you had to date? i.e. How many lessons, with which teacher(s) and details of any workshops you have attended.

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≧ Which books on the Alexander Technique have you read?

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≧ What are your reasons for doing the course?

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≧ Have you been treated for any physical or psychological problems over the last ten years? If so, what are they?

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≧ Why do you want to be an Alexander Technique teacher?

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⇒ What are your expectations of the training?

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⇒ Any other comments

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Please include a separate sheet if you need more room to answer these questions.

**If you have a CV it would be helpful if you would include it,  
but this is not essential.**

**Note: All information will be treated confidentially.**