

Sparkling keys and strings

Simone Parker, NCTM



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*Independent Instructor in Piano, Violin and Viola
Accompanist and Musician for Special Events
Certified Alexander Technique Teacher, ATI
Youth String Orchestra Director*

Alexander Technique

The Alexander Technique is a simple and practical method for improving ease and freedom of movement, balance, support, flexibility and coordination. It enhances performance and is therefore a valued tool for actors, dancers, and musicians, but the Technique is open and available for anyone interested.

It offers students a means to unite the body and mind in effective, healthy ways. Practice of the Technique refines and heightens kinesthetic sensitivity, offering students control which is fluid and lively rather than rigid. It provides a means whereby the use of a part - a voice or an arm or a leg - is improved by improving the use of the whole body.

Lesson Fees

Length of Lesson	Individual Lessons
30 minutes	\$ 30.00
45 minutes	\$ 45.00
60 minutes	\$ 60.00
AT Group Class (60min): \$15 per student (4+ students)	

Lessons will be scheduled at a convenient time for all and fees are due before each lesson.

Students receiving lessons on an appointment only basis must realize the scheduled appointment.

Payment is due at the time of the lesson. Cancelling a scheduled appointment must be done at least 48 hours before a lesson. Continuous rescheduling or missed appointments are not subject for makeup and lesson fees will still apply.