



# Postgraduate Studies

- **Who can participate in the Postgraduate Studies?**

The postgraduate studies at ATAZ Munich offer trained Alexander Technique teachers the opportunity to refresh their skills and expand upon them with new experiences. It can be designed as a follow-up program to vocational training, as a refresher course to get back into teaching or simply as an advanced training program; the postgraduate studies are closely related to the teacher training program of the ATAZ Munich. Learning and supervised teaching modules are used to create a concept adapted to your individual goals and needs. The scope and focus of the postgraduate studies are clarified and agreed upon in a preliminary talk.

- **What topics do the Postgraduate Studies cover?**

- Skills and types of application for hands-on work
- The basic concepts of the Alexander-Technique and how to convey them practically while teaching
- Refresher of the „Procedures“
- Deepening and continuing your own process
- Teaching in groups
- Implementation of the principles using specific everyday applications
- Working with musicians

- **The module structure of the Postgraduate Studies**

Each participant puts together their own individual course program from various modules such as the classic “Private Lesson”, “teaching and learning in the Teacher Training Course” or “Teacher Meetup”.

At the beginning of each course program there is a detailed preliminary talk, which is included in the course fee. These are made up of the costs of the respective modules:

Teaching and learning in the Teacher Training Course - 1 day	60 €
Teaching and learning in the Teacher Training Course - 1 week	180 €
Teacher Meetup	40 €
Job Shadowing / Participation Music Conservatory	40 €
Private Lesson	60 €
Supervised Private Lesson	60 €
Individual Discussion	60 €

The following course programs are to be understood as modifiable basic concepts.

## Example 1: Postgraduate Trimester

4 months | 320 Euro per month

### Teaching & Learning in the Teacher Training Course

Participation in the ATAZ teacher program as a fully entitled with student with simultaneous specific teaching tasks

1x per week (in total 12x)

### Private Lesson

Klassische Einzelstunde mit optionalem Hands On Austausch mit dem Lehrer

with Alexander Hermann or assistant teacher

2x

### Teacher Meetup

Open exchange for teachers and graduates - space for experimentation and for individual questions

with Manuel Eberle & Mathias Matzner

2x pro Monat (insgesamt 8x)

### Supervised Private Lesson

Guided hands-on work with model student

with Alexander Hermann

1x

### Individual Discussion

In-depth discussion related to the content of the Alexander-Technique how to convey it as well as questions concerning practical professional issues.

with Alexander Hermann

1x

## Example 2: Refresher Week

340 Euro

### Teaching & Learning in the Teacher Training Course

Participation in the ATAZ teacher program as a fully entitled with student with simultaneous specific teaching tasks

1 week

### Private Lesson

Klassische Einzelstunde mit optionalem Hands On Austausch mit dem Lehrer

with Alexander Hermann or assistant teacher

1x

### Teacher Meetup

Open exchange for teachers and graduates - space for experimentation and for individual questions

with Manuel Eberle & Mathias Matzner

1x

### Supervised Private Lesson

Guided hands-on work with model student

with Alexander Hermann

1x

### Example 3: Further Education | Working with Musicians

520 Euro

#### Job Shadowing / Participation Music Conservatory

Visit and participate in a weekly group course at the Munich Music Conservatory

mit Alexander Hermann

4x

#### Private Lesson

Klassische Einzelstunde mit optionalem Hands On Austausch mit dem Lehrer

with Alexander Hermann or assistant teacher

2x

#### Supervised Private Lesson

Guided hands-on work with model student

with Alexander Hermann

3x

#### Individual Discussion

In-depth discussion related to the content of the Alexander-Technique how to convey it as well as questions concerning practical professional issues.

with Alexander Hermann

1x

### • ATAZ Tradition and Management of the Training

The Alexander-Technik Ausbildungszentrums ATAZ (Alexander Technique Training Center) Munich on Erzgießereistraße 48 was founded in May 2004 by Alexander Hermann and Mary Holland; the center continues in the tradition of Mary Holland's Munich Alexander Technique School – one of the first in Germany – which she opened in Munich in 1986 and ran until 1997. The tradition goes back to Walter Carrington, in whose London school Mary Holland herself received her training. She has a direct connection to the founder through her personal acquaintance with F.M. Alexander at a young age. The Alexander Technique Training Center ATAZ Munich is committed to this line of thought.

In 2013, Alexander Hermann joined Mary Holland as co-director of the training course, after graduating from her training course in 1996 and working as her long-time assistant. Since 2021, Alexander Hermann has assumed full direction of the teacher training course. As senior consultant, Mary Holland continues her work with the training class through occasional talks and visits.

Since 2018, the training management has been aided by a team of assistant teachers. Sophie Wendt, Melanie Ahner-Kraus, Mathias Matzner and Manuel Eberle strengthen the training through their continuous participation.

The goal of ATAZ's teacher training is to communicate the essence of FM Alexander's insights as authentically, directly and vividly as possible, undiluted by passing trends, while simultaneously integrating relevant information from current research in a meaningful way.



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