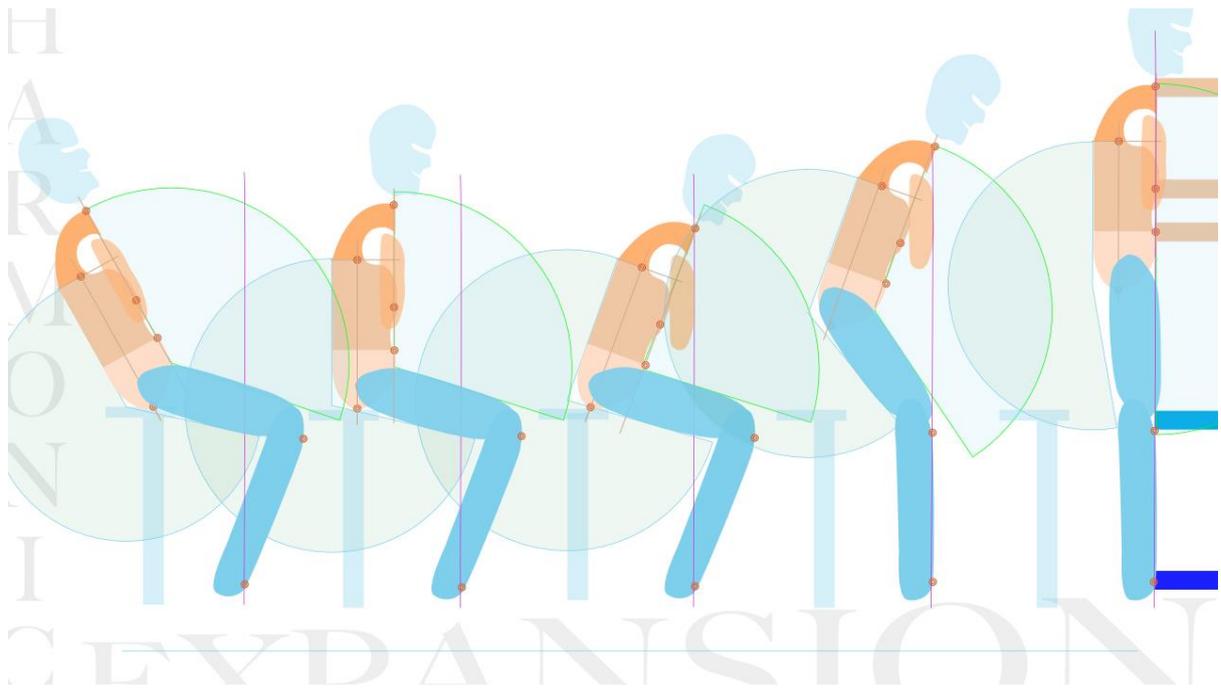


# Dynamic Poise

A WORKSHOP IN CONSCIOUS GUIDANCE AND CONTROL  
with the Alexander Technique



Presented by Jeando Masoero

18<sup>th</sup> - 20<sup>th</sup> October 2019

Rowan Tree Hostel, Ennis, Co. Clare, Ireland.

Explore how directing the mind *rationally* can replace old somatic habits of guidance.

The workshop is suitable for all:

- Alexander Technique teachers, trainees and pupils
  - those seeking to alleviate back or neck pain
  - performers in any field wishing to achieve full potential
  - sportspeople endeavouring to avoid injury
  - anyone looking to attain strength and flexibility
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- Discover how to work on yourself with conscious guidance and control
  - Plan and perform movements
  - Experiment with sitting, standing, sit-to-stand, leaning forward and back, walking, bending, breathing and more.
  - Explore the 'means-whereby' principle
  - Use video motion analysis (with the consent of the participants)

*The initial Alexander Technique is a technique for learning to think to develop intelligent physical behaviour.*

Jeando Masoero  
Initial Alexander Technique teacher



### **Workshop fees:**

Full workshop (Friday 14.00 - Sunday 13.00): €170

Full day only (Saturday 10.00 - 17.00): €90

An afternoon or a morning session only: €45

### **Enquiries/information:**

[dynamicpoiseworkshop@gmail.com](mailto:dynamicpoiseworkshop@gmail.com)

Tel. 00353 (0) 83 404 2043

### **Booking:**

<https://www.eventbrite.com/e/dynamic-poise-workshop-with-jeando-masoero-tickets-60019606258>

### **Detailed information about the content of the workshop:**

[https://www.initial-alexandertechnique.org/2019/04/ennis\\_ireland\\_2019\\_worshop\\_3days\\_dynamicpoise/](https://www.initial-alexandertechnique.org/2019/04/ennis_ireland_2019_worshop_3days_dynamicpoise/)

**Accommodation**, which is not included in the workshop fee, must be arranged by the participants. A variety of accommodation, ranging from private ensuite rooms to multiple occupancy dormitories, is available at a 10% discount at the workshop venue: **Rowan Tree Hostel, Ennis**. There is a well-reviewed restaurant attached to the hostel, and also a large kitchen for those who wish to self-cater. Participants may book directly on the Rowan Tree Hostel website (details below) and the discount will be applied at check-in, when you notify staff that you are attending the workshop.

Rowan Tree Hostel, Harmony Row, Ennis, Co. Clare, Ireland

[www.rowantreehostel.ie](http://www.rowantreehostel.ie)

[info@rowantreehostel.ie](mailto:info@rowantreehostel.ie)

Tel. 00353 (65) 686 8687

Fax. 00353 (65) 686 8672



## Jeando Masoero

Born in 1959, Jeando studied Mathematics and Technology, which generated in him a strong liking for reasoning and solving problems. By 1986, he was running his own communications company, helping French high-tech companies translate scientific concepts into plain ideas.

Jeando's interest in the Alexander Technique arose in 1980 when he read a scientific paper by a dental surgeon, who recommended the Technique as a 'unique solution to the problem of coordination'. He subsequently ordered F. M. Alexander's books.

In 1992, Jeando moved to England to study with Ray Evans and Ron Colyer, and, after qualifying in 1997, he

assisted Ray for three more years on the training course. During this time, he translated into French and published Alexander's four books.

In 2006, Jeando started a training course in southern France. He continued to devote his time to building a scientific understanding of Alexander's writing and to developing psycho-mechanical procedures for working with people with severe psychophysical handicaps (ASD, DCD, epilepsy, brain injuries) with or without verbal language. Three scientists influence his work: L. S. Vygotsky (pedagogy and methodology), A. R. Luria (neuro-psychology) and N. A. Bernstein (bio-mechanics). Due to this work, his pedagogy has been transformed. Only when working with pupils with severe cognitive disorders does he use hands-on in his teaching: otherwise he teaches using language and geometry in French and English. Students from all over the world take lessons with him on Zoom.