

**ALEXANDER TECHNIQUE  
CLASSES and PRIVATE LESSONS  
with David Nesmith**



**David Nesmith**, instructor of horn and the Alexander Technique, has been on the faculty of Denison University since 2000. He is an alumnus of Capital University (Bachelor of Music Performance) and Indiana University (Master of Music Performance). His primary horn teachers were Nicholas Perrini, Philip Farkas and Frøydis Ree Wekre. As a certified teacher of the Alexander Technique, he specializes in injury prevention and performance enhancement for musicians. David has published several articles on the Alexander Technique and Body Mapping ([www.poisedforlife.com](http://www.poisedforlife.com)). He has presented at conferences of the International Horn Society and the Music in Healing and Transition Program.

**What is the Alexander Technique?**

The Alexander Technique is a widely recognized educational method for improving alignment, balance, energy and flexibility. With the Technique we learn to eliminate, without force, interference (tension) from our mind and body, allowing it to function better overall and in its parts.

**What are some of the benefits of lessons?**

Lessons encourage the release and prevention of tension in the body, making movement easier; assist breathing; teach us to be more aware of our unproductive habits and how we can consciously change them; enable us to preserve energy with less effort; bring about improved physical and mental health; teach us how to find poise in any situation.

**CLASSES: \$60 — only one class so register now**

Saturday, March 10, 2-5

**PRIVATE LESSONS: \$70 per 3/4 hour— BEST VALUE**

To be scheduled upon request Sat.morning & Sunday

**PLACE:** Circle Room, 3rd floor of the Woodruff Arts Center  
1280 Peachtree St., Atlanta 30309

**Registration form available online at [www.franklinpond.org](http://www.franklinpond.org)**

**For questions, e-mail  
[fpcm@franklinpond.org](mailto:fpcm@franklinpond.org)**

Note from a teacher after the 2011 master class:

From the moment David enters a room, there is a sense of positive energy. His body is strong and fit without looking like a weight lifter. Most notably though, his eyes are bright and alert. David is able to cut to the chase with descriptions of the body construct and the mechanics of moving. As a professional violinist/violist and teacher, his course helped me immensely in targeting recurring issues I have personally and with my students.

Gone are my suggestions to force the body into proper posture. David introduced ways to coax our bodies into awareness and moreover, a healthy way of co-existing in and with our bodies.

Foremost, everyone should be required to take Alexander Technique before they are allowed to pick up an instrument. I believe if this were introduced to all of our students, parents and in the school system, it would be the first step toward better health and honoring our bodies. I think we too often turn to conventional medicine when we are in pain, when in fact we could be in better charge of our physical destiny by something attainable as Alexander Technique.

David's forte is taking the time to make sure the concepts are working: Breathing, where tension is held and zeroing in on individual misconceptions or zones where efficiency is elusive. The amazing part of the class is seeing the difference in a couple of hours, redefining how we move and relate in regard to the presentation of our bodies individually and how we are viewed by others. I have to imagine through David's eyes we look like a catastrophic collection of posture and breathing flunkies, but his genuine humor and willingness to help makes a difference in understanding the concept of making change. The first time I was introduced to Alexander Technique was unwittingly when I was a student and asked to pose for a photo in the book "The Viola" by Henry Barrett. I was beyond excited and asked how to pose: Mr. Barrett asked me to stand as I normally did. When the book was published, I was the "wrong" posture photo, neck curved forward, very iguana like. This in stark contrast to the fact that I was fit and athletic. I simply did not know how to "use" my body properly. Thereafter, Mr. Barrett worked with me. I don't think I understood the concept or appreciated what a difference it could have made had I practiced the concepts and adopted it as a way of life. The work David did with us is really about changing for life and a final reminder for me to not disregard how to implement change.

David exudes being at peace with his environment and his participants. I highly recommend working with David: I will carry his methodology with me, his inspiration and knowledge to make positive changes in my being and hopefully pass this on to my students.

Patti Gouvas  
Violinst/Violist  
Atlanta Opera Orchestra, Atlanta Ballet Orchestra, Private Studio, Contractor  
Atlanta, Georgia



**Alexander Technique  
Classes and private lessons  
March 10 & 11, 2012**



**March 1: Deadline to receive application and tuition fee**

Send application and tuition fee to:  
Franklin Pond Chamber Music  
4835 Franklin Pond Rd., Atlanta, GA 30342

**We must receive the application and tuition before the application will be processed.**

I am interested in:

Class: Saturday, March 10, 2-5 pm. -- \$60

45-minute private lesson: \$65

Time preference:  Saturday morning  Sunday morning  Sunday afternoon

Private lessons will be scheduled by phone on a first come-first serve basis upon receipt of the application. Additional lesson times may be available.

I am: Adult \_\_\_\_\_ Student \_\_\_\_\_

Name: \_\_\_\_\_ Instrument (if applicable): \_\_\_\_\_

Home address: Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Sign Name: \_\_\_\_\_

If you are a student, please fill out the following:

Age: \_\_\_\_\_ Grade or Level (2011-12): \_\_\_\_\_ School: \_\_\_\_\_

*Please e-mail any questions to [fpcm@franklinpond.org](mailto:fpcm@franklinpond.org).*

**All lessons and classes will be held in the  
Circle Room at the Woodruff Arts Center, 1280 Peachtree St.NE, Atlanta, GA 30309**

**Ronda Respass, Founder and Artistic Director**  
[fpcm@franklinpond.org](mailto:fpcm@franklinpond.org)  
404-252-3479