

*Is that back or neck bothering you?
Move the way Nature intended you to move!*

Alexander Technique Class

*The Yukon Music Teacher's Association in conjunction with the Whitehorse Community choir present an Alexander Technique Class. **Details and bio below:***

The Alexander Technique is a way to feel better, and move in a more relaxed and comfortable way... the way nature intended. It helps you to identify and lose the harmful habits you have built up over a lifetime of stress and learn to move more freely. It's healthy for everyone and was created especially for theatre people, musicians, and other professions that have repetitive movements in unique positions. More info, go to www.alexandertechnique.com.

Bring a folding chair, water, snacks if needed, and come in light exercise clothes.

Instruction is by Dr. Adam Con, the chair of choirs and music education at the University of Victoria. He has done extensive study in Alexander technique classes and teaches it at different workshops around the US and Canada. Please see his bio below.

It will be held on Saturday, Apr 29, from 11-2 at the Selkirk Gym and the cost is YRMETA members free, WCC groups \$10, non-members \$15/person. Contact Barbara Chamberlin at 667-4059 or bcyukon@mac.com to register.

Dr. Con bio:

Dr. Adam Jonathan Con is a conductor, a visionary, a respected teacher of choral conducting and Tai Chi Chuan, and a leader in the advocacy of music education. A native of Vancouver and a third generation Chinese Canadian, his holistic approach to choral music through a unique blend of kinesthetic whole body movement and Eastern philosophy continues to inspire singers of all ages in mind, body and spirit. His motto is "*Music is more than notes in motion; music is notes in Emotion.*"

Dr. Con is the Assistant Professor of Music at University of Victoria School of Music. His duties include teaching Elementary Music Methods, Music Education Foundations, Choral Conducting, Choral Organization, Rehearsal Techniques and Literature, Middle and Elementary School choir methods, conducting the UVic Chorus and supervising music education students. He served in similar capacities as Director of Choral Activities and Chair of Music Education at the Bob Cole Conservatory of Music at the California State University, Long Beach, at Wittenberg University in Springfield, Ohio and at Georgia Southern University in Statesboro, Georgia. Dr. Con earned a Bachelor's Degree in Music Education (Secondary Instrumental and Choral) and a Master's Degree in Music Education (Elementary) from the University of British Columbia. At Florida State University,

he earned a Doctorate of Philosophy in Music Education (Choral Conducting Emphasis) studying with Rodney Eichenberger, Andre Thomas, Clifford Madsen and Judy Bowers. In addition, Dr. Con is a certified Orff Schulwerk specialist and has extensive study experience as an Alexander Technique practitioner. In high demand in the United States and Canada both as a guest conductor, choral conducting teacher, and Alexander Technique workshop instructor, Dr. Con has been invited to present and conduct at prestigious events such as the National American Orff-Schulwerk Conference, the Canadian National Choral Conducting Symposium, the Canadian National GALA Conference, the National Canadian Orff-Schulwerk Conference, the Alberta Provincial Music Educator's Conference, the British Columbia Provincial Music Educator's Conference, the British Columbia Choral Federation, the Ohio State Music Educator's Conference, the Georgia State American Choral Directors Association Conference, and the Georgia Music Educator's Conference. His talent and ability to work with all levels of musical experience is grounded in 15 years of diverse K-12 public school music teaching which includes Orff, Kodály, and Dalcroze based general music, French immersion music, middle and secondary school choral, vocal jazz, concert band and jazz band. His professional conducting experiences include numerous All-State and honor choirs, civic orchestras, professional musical theatre, community choirs, concert bands, and 36 years as a church choir director and organist.



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