

From Carol Chung, CMF Violinist

Fourteen years ago, I turned to the Alexander Technique in an attempt to recover from severe violin playing injuries. The work not only helped me to bounce back from those injuries, but it led me to a greater sense of ease and joy in playing and in movement. After seven years as a formal student of the work, I finally decided to undergo training to be an Alexander Technique teacher. For three years, I trained with Robin Gilmore at the Chesapeake Bay Alexander Studies school in Greensboro, NC, and earned my teacher's certificate from Alexander Technique International (ATI) in 2012. For more information about ATI, there website is: www.ati-net. I would love to share what I've been continually learning with you. If you are interested in AT lessons, please feel free to email me at violinfever@hotmail.com.

From Gabe Evens, husband of CMF Percussionist, Darcey Timmerman

Learn the Alexander Technique with AmSAT (American Society for the Alexander Technique) certified teacher Gabe Evens. Gabe has taught hundreds of students privately and given classes at Universities in the USA, Spain and Malaysia. The Alexander Technique is a method that teaches students how to improve the use of themselves through conscious redirection of their old habits of movement and thought. The results are ease of movement, improved technique, concentration, and balance. Repetitive stress injuries and other problems such as sore backs and shoulders related to practice and performance can often be relieved. Members of the CMF Orchestra are entitled to one free lesson. A group introduction can also be arranged. Please contact Gabe at [435 668 3183](tel:4356683183).