

ALEXANDER TECHNIQUE WORKSHOP FOR MUSICIANS

By Marta Atcher Soler,
Violinist & Alexander Technique teacher



Workshop for music students and
professional musicians
from 12 years old



THE ALEXANDER TECHNIQUE

During the musical career, the effort involved in playing the instrument develops unnecessary tension habits. The AT is a practical method that helps us make better use of our body while we are playing, and stop doing what we don't need. It is a useful tool for working with health and creativity, applying it in study practice and performing; It helps to gain more freedom of movement and improve sound and technique, improve the attitude and presence, the connection with oneself and the environment around, it allows injury prevention and recovery.

Conservatories and music schools proposal

I offer different group workshops of 1 or 2 hours, they can be adapted according to the needs of the center and the students. Students learn basic concepts of the alexaner technique applied to the act of making music from experience and observation.

- Introduction to the Alexander Technique for musicians

- Introduction to the Alexander Technique for viola and violin players

During the session, we explore elements such as:

- Stop and think: improve the effectiveness of the study.
- Constructive rest: rest and prevention tool.
- "Body mapping" for violinists and violinists: exploration of hands, arms and shoulders, available elements that improve the fluency in playing.
- Work with your own instrument applying the tools learned during the workshop.
- Presence and connection: how do we communicate from the practice room? What about the stage? And with the rest of the music group?

Also there is the possibility of receiving individual classes on the same day.

BIOGRAPHY

Marta Atcher Soler was born in Manresa in 1994. She began her musical studies at the conservatory of her native city, with Dolors Casas and Jordi Coll.

In 2013 she moved to The Netherlands. She followed the Bachelor studies in classical violin at Maastricht Conservatory, with Kyoko Yonemoto. Marta is an Alexander Technique teacher graduated in December 2021 at the prestigious ATCA center in Amsterdam (directors Tessa Marwick and Paul Versteeg). Since 2018 she plays both historical and modern instruments, having received guidance from Antoinette Lohmann, Kati Debretzeni and Emmanuel Resche; she is a master student i Conservatorium van Amsterdam.

She has participated in different chamber ensembles and orchestras throughout Spain, Catalonia, Italy, the Netherlands, Germany and Romania. Having performed in several halls as Kursaal Manresa, Auditori de Girona, Tivoli Vredenburg in Utrecht, Concertgebouw in Amsterdam, De Doelen in Rotterdam, amongst others.

Currently, Marta is located in Amsterdam, where she assists ATCA center as an Alexander Technique teacher and also in Amsterdam West studio. She also teaches violin lessons in Heemskerk Cultuurhuis and Wereld Musiek School in Haarlem.



PRICES

350€ + BTW - Introductory workshop

MATERIAL

Comfortable clothes
Yoga matt and 4 books
Instrument

CONTACT

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