



Teacher Training at ATAZ Munich

■ Basic Principles

The Alexander Technique Association Germany (ATVD) sets certain guidelines for teacher training. The guideline for the number of training hours is 1600.

“The ATVD ensures the high quality of education and instruction in FM Alexander Technique through consistent and demanding training guidelines. This training is given by schools recognized by the ATVD. The training guidelines are coordinated with other national associations, the Alexander Technique Affiliated Societies (ATAS), and are further developed within this framework.”

More about the ATVD at www.alexander-technik.org

■ Teacher Training at ATAZ München

The content of the teacher training is designed to practically mediate the Alexander Technique principles, based on the insights of F.M. Alexander (1869–1955), as described in his four books. The guidelines of the Alexander Technique Association Germany e.V. (ATVD) and the International Affiliated Societies ATAS also play an important role.

The practical training includes developing hands-on work, working through procedures and the playful application of the principles using concrete examples.

The theoretical training focuses on the study of F.M. Alexander’s works and their significance in the humanities and natural sciences.

Throughout the lessons students learn to apply the principles of the Alexander Technique to specific procedures and activities, and, at the same time, are encouraged to transfer what they have learned to their daily lives. Gradually, they learn to apply the same principles when using their hands in order to teach the Alexander Technique themselves.

Studying F.M. Alexander's writings in English and in German is a daily part of the training. Relevant knowledge of anatomy, physiology and neurobiology is regularly communicated in a clear and creative way (in German). The practical and theoretical work always leads to interdisciplinary discussions and explanations from the Alexander Technique's point of view regarding anthropology, psychology, philosophy and education.

ATAZ strives to create a pleasant, safe and sustainable work environment that encourages every student to explore and discover the technique for themselves. This means engaging in a sometimes enjoyable, sometimes turbulent, process of change that, over the course of the training, allows students to find their own understanding and style of teaching.

■ Location

The lessons take place in the rooms of the quiet, elegantly furnished "Studio Equilibrium," situated on the ground floor of a renovated historical house in Munich in the Neuhausen district.



If necessary, the spacious studio can be divided into two separate classrooms. There is a bathroom with a shower and toilet available, a kitchen bar and a small terrace as well as a grand piano.

■ Tradition and Management of the Training

The Alexander-Technik Ausbildungszentrums ATAZ (Alexander Technique Training Center) Munich on Erzgießereistraße 48 was founded in May 2004 by Alexander Hermann and Mary Holland; the center continues in the tradition of Mary Holland's Munich Alexander Technique School – one of the first in Germany – which she opened in Munich in 1986 and ran until 1997. The tradition goes back to Walter Carrington, in whose London school Mary Holland herself received her training. She has a direct connection to the founder through her personal acquaintance with F.M. Alexander at a young age. The Alexander Technique Training Center ATAZ Munich is committed to this line of thought.

In 2013, Alexander Hermann joined Mary Holland as co-director of the training course, after graduating from her training course in 1996 and working as her long-time assistant. Since 2021, Alexander Hermann has assumed full direction of the teacher training course. As senior consultant, Mary Holland continues her work with the training class through occasional talks and visits.

Since 2018, the training management has been aided by a team of assistant teachers. Sophie Wendt, Melanie Ahner-Kraus, Mathias Matzner and Manuel Eberle strengthen the training through their continuous participation.

■ Teachers

ATAZ Founder, Director:

Alexander Hermann, München D

ATAZ Founder, Senior Consultant:

Mary Holland, London GB

Continuous Assistent Teachers:

Manuel Eberle, München D
Mathias Matzner, München D
Melanie Ahner-Kraus, München D
Sophie Wendt, München D

Guest Teachers:

Michael Parkinson, Wien A
Kate Kelly, London GB
Lynda Vogelpoel, München D
Sr. Erika Stadelmaier, München D
Rainer Lehrhuber, München D
Cathy Stevens, Kirchdorf D

■ Training Structure ■ Duration ■ Costs

The training to become a teacher of the Alexander Technique lasts 40 months (10 trimesters = 3 years and 4 months) and comprises a total of 1600 teaching hours. This corresponds to 3 trimesters, each lasting 12 weeks, per year. There are 4 teaching days per week. These are:

Mon 2:00 pm – 5:00 pm, Tues and Thurs 9:15 am – 12:45 pm, Fri 9:15 am – 12:15 pm
Additional times may be added from extra individual lessons and annual excursions.
The number of students in the class is limited to ten.

The total cost of the training is €23,600. This corresponds to 40 monthly installments of €590 each.

■ Your Application ■ Requirements

You should have experience with Alexander Technique private lessons and get in contact with Alexander Hermann. After a personal interview and getting to know each other through one or more classes, you can attend a training day as a guest. A decision will be made through further discussions. Admittance to the training program also depends on whether a spot is available.

Our trial offer for a fee of €180 includes a visit to the training class and one lesson each with Alexander Hermann and an assistant teacher.

Send us a short, informal application containing the following information:

- Name, address and contact information
- Profession, age, career background
- Experience with the Alexander Technique
- Motivation

We are always available to answer your questions.

Best regards,

Alexander Hermann and the ATAZ training team

Alexander-Technik Ausbildungszentrum ATAZ München

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