

JOHN NICHOLLS AUSTRALIAN VISIT 2020

SYDNEY: JANUARY 31 - FEBRUARY 3 + MELBOURNE: FEBRUARY 6 - MARCH 10



John Nicholls with Sylvie Collins Sydney 2019

John Nicholls will be returning to Australia in 2020 for what is becoming his annual visit! Once again this gives the Australasian community an opportunity to continue to deepen and extend our study with John following his 2015, 2017, 2018 & 2019 visits!

SYDNEY: Private lessons & HOG's: Friday 31st January 2020

Workshop: 1-3 Feb, 2020 **Mindful non-thinking: Going deeper into the Grey Zone**
(for experienced teachers)

Venue: Cammeray Golf Club, Cammeray, NSW, 2062

All Bookings contact Penelope Carr: penelope@alexandertechniqueconsultant.com

MELBOURNE: John is offering an extensive teaching scheduled of private lessons and Hands on Groups of Three (HOG3) or Two (HOG2) in Melbourne: 6.02.2020 - 10.03.2019

Venue + Bookings for private sessions: John Nicholls jnichollsat@gmail.com
Jane Refshauge jane@janerefshauge.com

PUBLIC TALK: Friday 7th February, 2020 **Primary Control: what, why, and how?**
6.30-8.30pm *School for FM Alexander Studies*

WORKSHOPS:

Workshop 1: 8-9 February, 2020 **Foundation Principles of the Alexander Technique**

Workshop 2: 22-24 February, 2020 **A Firm Foundation for Teaching**

Workshop 3: 28 Feb-1 Mar, 2020 **Mindful non-thinking: Going Deeper in the Grey Zone**

Bookings for Melbourne workshops: contact Jane Refshauge: jane@janerefshauge.com



John Nicholls with L ~> R Janet Davies, Penelope Carr, Jane Refshauge & Jane Azul

SYDNEY + MELBOURNE PRIVATE LESSON & HOG FEES:

John's annual visits to Australia are self-funded and must cover all costs from his teaching income. All care has been taken to keep expenses to a minimum and tuition fees as affordable as possible. **Due to the enthusiasm for John's teaching and his schedule being fully booked during the previous year/s John has made the decision to discount his private teaching rate in 2020 to make lessons more affordable for a wider number of teachers and more viable for those wanting to book a series of lessons during his stay.**

John has reduced all private lesson and HOG rates !!

Private Lessons: 30 minutes \$100 45 minutes \$125

Hands on Groups:

**45 minutes \$ 180 with 3 teachers (3 x \$ 60) or with 2 teachers (2 x \$ 90)
60 minutes \$ 240 with 3 teachers (3 x \$ 80) or with 2 teachers (2 x \$ 120)
90 minutes \$360 with 3 teachers (3 x \$120) or with 2 teachers (2 X \$180)**

**PUBLIC TALK: *Primary Control: what, why, and how?* Friday 7th February, 2020
6.30-8.30pm at SOFMAS 330 St Georges Rd, Fitzroy North VIC 3068
<https://www.alexanderschool.edu.au>**

In his 1973 book *The Alexander Principle* Dr. Wilfred Barlow, husband of FM's niece Marjory Barlow, wrote that: "Alexander and some of his supporters at one time seemed to impute an almost magical significance to the "Primary Control" and some of his medical friends gave him information about "controlling centres" in the mid-brain in terms which seemed to imply a subjective awareness of such a centre, which should exert a Primary Control over the rest of the body. Shades of Descartes and his Pineal Body!"

But then I have a copy of a letter from FM to Frank Pierce Jones (given to me by Frank in 1973/4) in which FM wrote: "There really isn't a primary control as such. It becomes a something in the sphere of relativity.

"What should we make of this now, in 2020?"

BOOKINGS: jane@janerefshauge.com Payment: \$ 15 / \$ 10 concession Cash at the Door

WORKSHOPS:

1. **Foundation Principles of the Alexander Technique (Melbourne Only)**

2-day workshop: Saturday 8th - Sunday 9th February, 2020 ~ 10.30am-4.30pm

This workshop is open to anyone from complete beginners to experienced teachers. This combination allows for more experienced participants to learn from observing an organised way of introducing elements of the Technique to beginners that John Nicholls has developed over four decades of teaching in many different countries. Depending on the proportion of novices to experienced people there will be opportunities for any teachers attending to practice on other participants under supervision.



John Nicholls with from (L)->(R) Sarah Cathcart, Noelle Rees-Hatton with Ann Shoebriidge & Mark Baker 2017

2. **A Firm Foundation for Teaching (Melbourne Only)**

3-day workshop: Saturday 22nd + Sunday 23rd + Monday 24th February, 2020
10.30am – 4.30pm

From his long experience of training teachers and running postgraduate programs for teachers on four continents John Nicholls has developed an innovative step by step way of communicating the essence of what he learned from working with first generation teachers in London, particularly Walter Carrington. This workshop introduces these steps to give any teacher a firmer and clearer foundation for their teaching process, and is a pre-requisite for participation in the more advanced workshops.

3. **Mindful non-thinking: Going Deeper into the Grey Zone (Sydney and Melbourne)**

3-day workshop for experienced teachers

Sydney: Saturday 1st - Sunday 2nd - Monday 3rd February, 2020 10.30am - 4.30pm

Vocal musculature, breathing musculature, and postural support musculature are all in a grey area between what we might call "doing" and "non-doing". They are not amenable to direct control but they can be indirectly activated and guided. FM himself is reported as saying the word "thinking" is not the ideal word for this process, and many modern psychological and spiritual teachers speak of how thinking can become a "disease".

How do we figure our way through this?

Melbourne: Friday 28th – Sunday 29th – March 1st, 2020

10.30am-4.30pm

FULLY BOOKED!



Photos from Feb 2017 Teacher Refresher Course ~ working with John Nicholls (L)~>(R) are: Sandra Dobbs & Bronwyn Munro

"Learn to do the simple things really well." That was advice given to me in my early years of teaching by renowned London first generation teacher Peggy Williams ... that going further is a matter of going deeper rather than adding new manoeuvres ... As I found myself saying to teachers in a workshop in London recently, to do this work well requires an almost shocking amount of directed undoing”
John Nicholls, 2017

SYDNEY workshop details & bookings: penelope@alexandertechniqueconsultant.com

MELBOURNE Workshop Bookings: Jane Refshauge E: jane@janerefshauge.com

Melbourne Workshop Venue: Room 2 (upstairs) St Marks Church Community Centre, 250 George Street, FITZROY, Victoria, 3065

SYDNEY & MELBOURNE Workshop Fees: Early Bird fee due by 12th December, 2020

2-day Workshop	\$ 570	\$ 520	Early Bird fee
3-day Workshop	\$ 855	\$ 780	Early Bird fee

Maximum of 10 participants per workshop.

"I always believed in the "little bit of nothing" that Marjorie Barstow spoke about, but I never fully experienced it as a teacher until I worked with John Nicholls. John's clarity in teaching the Alexander Principles, combined with the generous way he encourages his students to "Use" themselves and their hands has opened a transformative path for me as a person and a teacher"
Jacosa Wade, enrolled in the 2013-2014 teacher refresher course





John Nicholls <https://www.johnnichollsat.com> trained with Walter and Dilys Carrington at The Constructive Teaching Centre: School of the Alexander Technique, and remained with them for eleven years assisting daily on the teacher training course and maintaining a large private practice. In 1985-86 he was Chair of STAT.

He spent three years in Australia, directing the Melbourne Alexander Teacher Training School. After this he returned to the UK as Director of a teacher training course in Brighton. His book, The Alexander Technique: In Conversation with John Nicholls and Sean Carey, was published in 1991.

In 2003 John moved to New York City where he offered private lessons, “hands-on” supervision groups for teachers, a teacher certification program, and structured postgraduate courses for teachers.

In 2016 John returned to live in the United Kingdom and now travels frequently to lead seminars for the general public and post-graduate classes for teachers and consult on training courses in Britain, Austria, Belgium, Holland, Italy, Spain, Sweden, Australia, New Zealand, Brazil, and Uruguay.