

The Alexander Technique in relation to Practising, Performing and Teaching

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Abstract: *The F.M. Alexander Technique is valued by musicians worldwide as a method for dealing with the various physical and mental challenges which are frequently encountered in performance. Nevertheless, the Technique remains little known in Romania, though interest in what it has to offer is steadily growing. The aim of this paper is to summarise the basic principles of the technique, with a focus on what relevance these may have to the practise, performance and teaching of music.*

Keywords: *Alexander Technique, education, performance*

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