

## Seminarhaus Einbecker Sonnenberg

Am Brockenblick 2, 37574 Einbeck

Tel: +49-5561-7950

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[www.einbecker-sonnenberg.de](http://www.einbecker-sonnenberg.de)

### How to get there

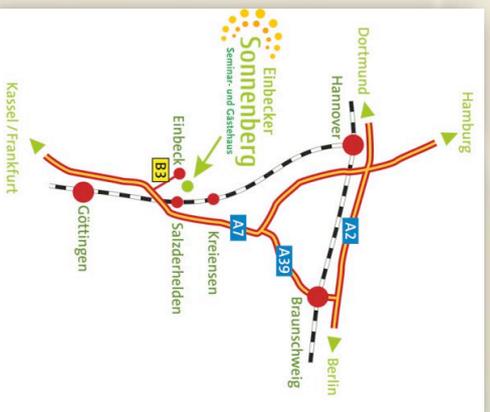
nearest Airports: Frankfurt, Hanover

### By train and taxi

Take a train to Salzerhelden (Taxi Keime: +49-5561-5555) or Kreiensen (Taxi Bockler +49-5563-7777). Then, take a taxi to the retreat center which is about 10 KM from either station.

Find train connections and book on [www.bahn.de](http://www.bahn.de). (There is an English language option.)

### By car



## Registration and Information:

Célia Jurdant-Davis

Coordinator Alexander Alliance  
Germany

Glassstraße 45

50823 Cologne

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[celiajdavis@alexanderalliance.de](mailto:celiajdavis@alexanderalliance.de)

[www.alexanderalliance.de](http://www.alexanderalliance.de)



To register please call or send an email to let us know that you would like to participate. To book your place for the retreat transfer 690,-€ - if you prefer a single room, 620,-€ if you like to stay in a double room, 580,-€ if you bring your tent, to the following bank account:

Alexander Alliance/ Bruce Ferрман

IBAN: DE92360100430642062432

BIC: PBNKDEFF

Postbank

summer retreat



Summer Retreat 15. - 19. July 2017  
Einbecker Sonnenberg

Invitation





We, The Alexander Alliance Germany are an intergenerational, multicultural community/ school inspired by Marjorie L. Barstow, the first person certified to teach Alexander's work.

Our purpose is to train exceptionally fine Alexander teachers, which we have been doing, ceaselessly and enjoyably, for 3 decades.

Alexander Alliance students learn to free themselves, and others, from stasis, restriction, and fixation. We learn to accompany people into their fluidity, spaciousness, and poise, while making sure everyone's feet rest comfortably upon common, and solid, ground.

We awaken people to a sensory world full of simple pleasures. Our art is human touch - an inexhaustible resource for education, human nurturance, and growth.

Our job is to gently un-harness deep, naturally organized patterns of vitality within ourselves, and within our students.

This groundswell of energy strengthens the will to live, love, learn, and work, generously and freely.

There is no place quite like the Alexander Alliance Germany. I invite you to come, and to study, and to find out why.

Yours,  
Bruce Fertman



Our yearly summer retreat offers 5 days of concentrated studying in a relaxed atmosphere. Time seems to stand still during retreats. Having no distractions the Alexander work will become an intense, personal experience. You will have the opportunity to meet the teachers and students of the Alexander Alliance who will have their training event at the same time.



Bruce Fertman and Midori Shinkai, two exceptional members of the International Alexander community, will lead the teaching team assisted by teachers from

Germany. Classes will be taught in English with translation into German.

**Location**

Einbecker Sonnenberg, Am Brockenblick 2, 37574 Einbeck

**Dates**

Saturday, July 15th 2017, 4pm till  
Wednesday, July 19th 2017, 2pm

**Prices**

580,-€/ person tent or triple room, 620,-€/ person double room, 690,-€/ Person single room

The prices are all inclusive and cover tuition as well as room and board for five days with 3 meals per day.

**Bruce Fertman**, founder and director of the Alexander Alliance, brings more than forty years of continual, disciplined study in various movement arts, (Athletics, Modern Dance, Aikido, Tai Chi Chuan, Argentine Tango), to his



work as Alexander teacher. In his individual and group classes in Europe, Asia and America he has worked with dancers, singers, instrumentalists (Berlin symphonics, Radio France, The National Symphony Orchestra) and people from many other professions.

**Midori Shinkai**, director of The Alexander Alliance Japan/Kyoto, has been studying Alexander's work for 35 years. Having trained and translated for dozens of internationally renowned teachers, her understanding is exceptionally comprehensive. Her doctoral research in Anthropology explored how Korean, Chinese, and Japanese women sit, stand, walk, and move. Midori's teaching is informed by her years of study of Sen-Tai, a traditional Japanese approach to health.



*"When Midori works with a person, everything else stops. Her attention is undivided. She will stay with a person until they open to themselves and to the world. I have watched her take people out of utter darkness. Midori is humble, quiet, un-self centered. She is a little person with a huge heart."* (Bruce Fertman)

