

## Robbin Lynne Marcus

### ATI Certified Instructor

Robbin Marcus teaches the Alexander Technique in Atlanta, Georgia. She received her initial training at the Alexander Alliance with Bruce and Martha Fertman in Philadelphia. Additionally, she is the Kodaly summer program director at George Mason University, and teaches in the Kodaly summer course at Webster University in St. Louis. Previously, Robbin spent 25 years as the lower school music specialist at St. Paul's School in Baltimore. She is a well-known traditional dance leader and an advocate for accurate performance styles in the music classroom. Robbin was initially drawn to the Alexander Technique to help her with back and neck pain from years of playing piano and teaching small children. She now specializes in helping musicians and others unlearn habits which make them uncomfortable at their daily activities.



*Moving freely,  
perceiving choice*

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*Gently,  
but with undeniable will  
divesting myself of the  
holds that would hold me  
I inhale  
great draughts of space  
I am larger  
better than I thought  
I did not know I held  
so much goodness.*

— Walt Whitman

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# The Alexander Technique

*Re-education in  
body awareness*



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## What is the Alexander Technique?

*"Upright but not tense, relaxed by not collapsed."*  
— Bruce Fertman

Developed over a hundred years ago by F. M. Alexander, the Alexander Technique (AT) is a hands-on approach to understanding human alignment. Applying AT principles leads to more reliable sensory perception, body awareness, and movement that is easier, more dynamic and much more enjoyable. The Alexander Technique is an educational process which teaches the student how to identify and undo poor and inefficient habits that may be causing stress and fatigue.

## Who studies AT?

Anyone who experiences discomfort or disability due to stress, poor posture, repetitive stress injuries or movement problems. Examples:

- Performing artists
- Voice and movement educators
- Physical & massage therapists
- Public speakers
- Computer users
- Martial artists
- Retirees with limited range of motion
- Equestrians and other athletes



## How is AT taught?

Lessons are generally taught on an individual basis. Robbin also offers group classes and workshops; individual follow-up is recommended.

## What does the student learn?

The Alexander Technique teacher analyzes the student's movement patterns in daily life: walking, sitting, bending, reaching, lifting. As the teacher guides with a gentle touch and verbal instruction, the student learns to replace faulty habits with improved coordination by locating and releasing undue muscular tensions. This generally results in greater ease and freedom of movement and increased energy. In some cases, AT can help alleviate pain that has been caused by postural stress.



## What can AT do for you?

AT has been shown to help:

- Reduce stress and fatigue
- Increase energy and sense of well-being
- Increase body and mind awareness
- Relieve chronic pain and prevent injury
- Improve confidence in presentation skills
- Offer you new possibilities and choices for living in your body

## What Students Are Saying

"Under Robbin's magic hands I felt like I grew several inches, got lighter and more balanced, and was able to move with a new ease and grace. As a singer, I find Alexander Technique enormously liberating, and Robbin is articulate and inspired, both in her verbal and her manual guidance."

— Elise Witt, singer-songwriter

"Playing violin can cause many odd and uncomfortable patterns in the body. Whenever I have experienced pain from playing, I've turned to Alexander for re-establishing good patterns and habits – most recently with Robbin Marcus in Atlanta. Hooray, my shoulders are level again!"

— Laura Light, musician



"Robbin introduced me to The Alexander Technique and made it applicable to my teaching. Through awareness of standing, sitting and speaking in a more relaxed way, I was able to have an illness-free year of teaching! Thank you Robbin, for your skills in both education and this amazingly freeing technique."

— Dee Pieque, music teacher

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