



Meet The Author: Regina Stratil

Saturday, March 20, 2021 via Zoom

2pm-3:30pm* (EDT) United States & Canada

*Please note that North America has changed their clocks forward but Europe and UK have not!

8pm-9:30pm (GMT+2) South Africa

7pm-8:30pm (GMT+1) Europe

6pm-7:30pm (GMT) UK & Ireland

A special event hosted by The Poise Project

Regina Stratil is the author of "Irene Tasker: Her Life and Work with the Alexander Technique" published by Mouritz Press (September 2020).

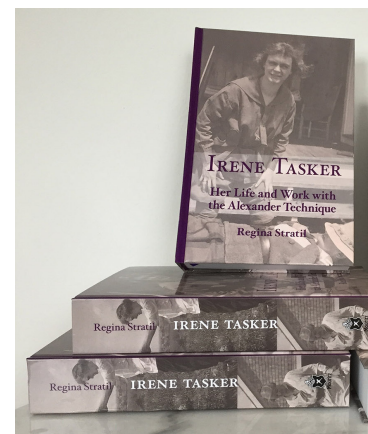
Irene Tasker was a trusted assistant to F. M. Alexander for many years. She pioneered the integration of the Alexander Technique into educational settings when she set up a school for children in 1924, in London, based on the Alexander Technique principles. She was also the first teacher to introduce the Alexander Technique in South Africa. Here she taught doctors, lawyers, educationalists and many children, generating a movement that culminated in an attempt to incorporate the Alexander Technique into South African schools.

Join us for this special event and learn more about Irene Tasker's life and work, how she influenced the development of the Alexander Technique, and her important role in integrating the Alexander Technique into child education.

Publisher Jean Fischer will lead Regina in conversation about her experience writing this well-researched biography.

Bring your own questions for Regina for a lively Q&A time.

All attendees will be eligible for a 15% discount on the biography for orders placed within 48 hours of the Zoom talk.



Zoom Registration Required

<https://us02web.zoom.us/meeting/register/tZAldOutrj8vHddQ1wQ6CgUxvbBAdP2ZVpFm>

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Regina Stratil is a certified Alexander Technique instructor, training 2011-2014 with Karen Wentworth in London. She studied at Vienna University and has a degree in Historical Comparative Linguistics/Indo-European Studies. She has practiced Aikido, a Japanese Martial Art, since 1993. She taught at two teacher training courses in London - The Alexander Technique Studio and the Constructive Teaching Centre. From 2014-2018 Regina was assistant to the manager at the Walter Carrington Educational Trust in London, an Alexander Technique charity, and an archivist at the Walter Carrington Archives. After training with The Poise Project's "AT for Parkinson's" international initiative, Regina and three colleagues, supported by the Walter

Carrington Educational Trust, launched an AT for Parkinson's program in UK to explore teaching the Alexander Technique to people living with Parkinson's disease. Regina gave workshops and individual lessons to people living with Parkinson's and their care partners, and was instrumental in organizing specialized post-graduate training for AT teachers in the years 2016 to 2018. She now lives in Graz, Austria where she has a private practice. <https://www.atstudio.at/gb/>



Jean M. O. Fischer is a certified Alexander Technique instructor, training 1984-1987 in his native Denmark. He has assisted at three teacher training courses: Constructive Teaching Centre in London (2011-2015), and at the North of England Training Course in the Alexander Technique (1990-1995); and was assistant director at The Alexander Technique Studio in London (1997-2012). At the 2013 STAT annual general meeting, Jean delivered the F. M. Alexander Memorial Lecture. He has edited and/or typeset and arranged the publication of a number of Alexander Technique books and has written many articles as well. In 1990, he started STAT Books and was its manager for many years. Since 1995, he publishes books on the Alexander Technique under his own imprint, Mouritz. Jean was co-director of the 7th International Congress in Oxford, 2004. In June 2018, he moved to Graz, Austria, where he is now teaching. <https://www.atstudio.at/gb/>



Mouritz

Mouritz is an independent publisher of books on the Alexander Technique. Established in 1995 Mouritz has now published 43 books and two DVDs. The Mouritz website also contains the Mouritz Companion to the Alexander Technique, a complete bibliography of everything published on the Alexander Technique (700+ items), historical articles (31 articles) and key quotations (23 key concepts) from F. M. Alexander's writings.

<https://mouritz.co.uk/>

the
Poise
Project

The Poise Project is a nonprofit located in Western North Carolina. It was founded in May 2016 with the mission of offering the general public a means of maintaining agency and personal growth throughout all stages and challenges of life by removing barriers to access to the Alexander technique (AT) principles across broad socioeconomic groups and to those with chronic conditions. We are motivated by the belief that AT principles are a human right, not a privilege, and that they are foundational knowledge for sustained human dignity and agency. We would like to see everyone have access to the AT principles by the age of twenty-one. www.thepoiseproject.org