



**Robbin L. Marcus**

**[www.RobbinLMarcus.com](http://www.RobbinLMarcus.com)**

**Daily Ease and Self-Care  
for Music Teachers  
*Through Alexander Technique***

**Presented**

**Saturday March 7, 2026**

**3:45 – 4:45 pm**

**OAKE National Conference, Chicago, IL**



# The Alexander Principles

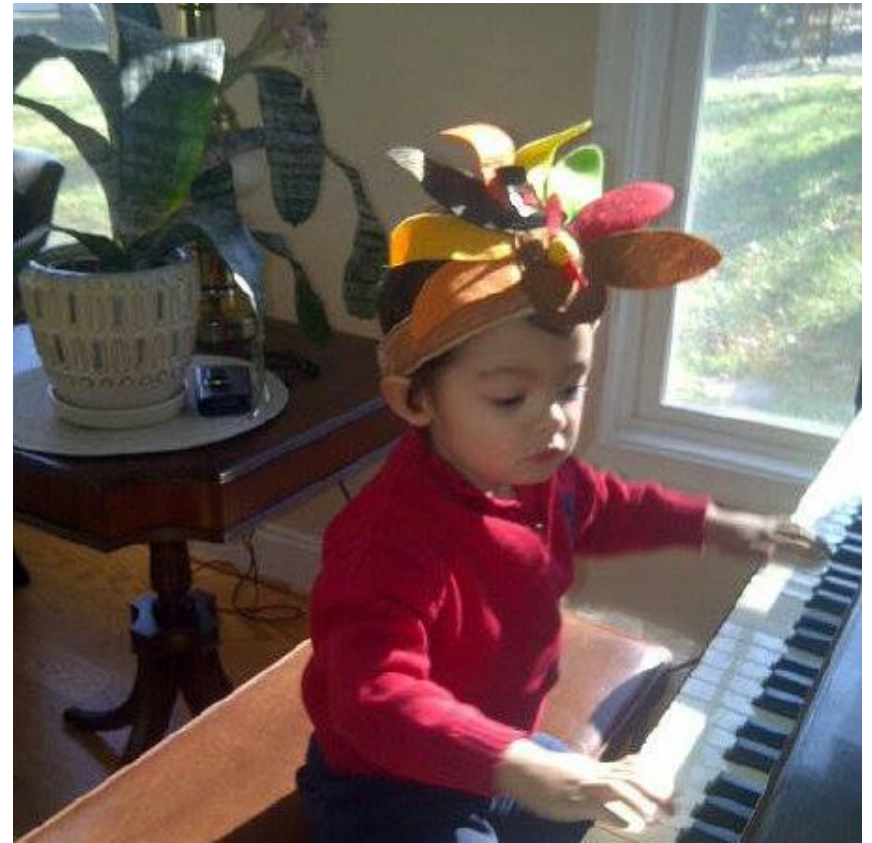
**1)  
Awareness**

**2)  
Inhibition  
(pause)**

**3)  
Directions**

# Natural poise and grace

- When we begin, we all look like this.



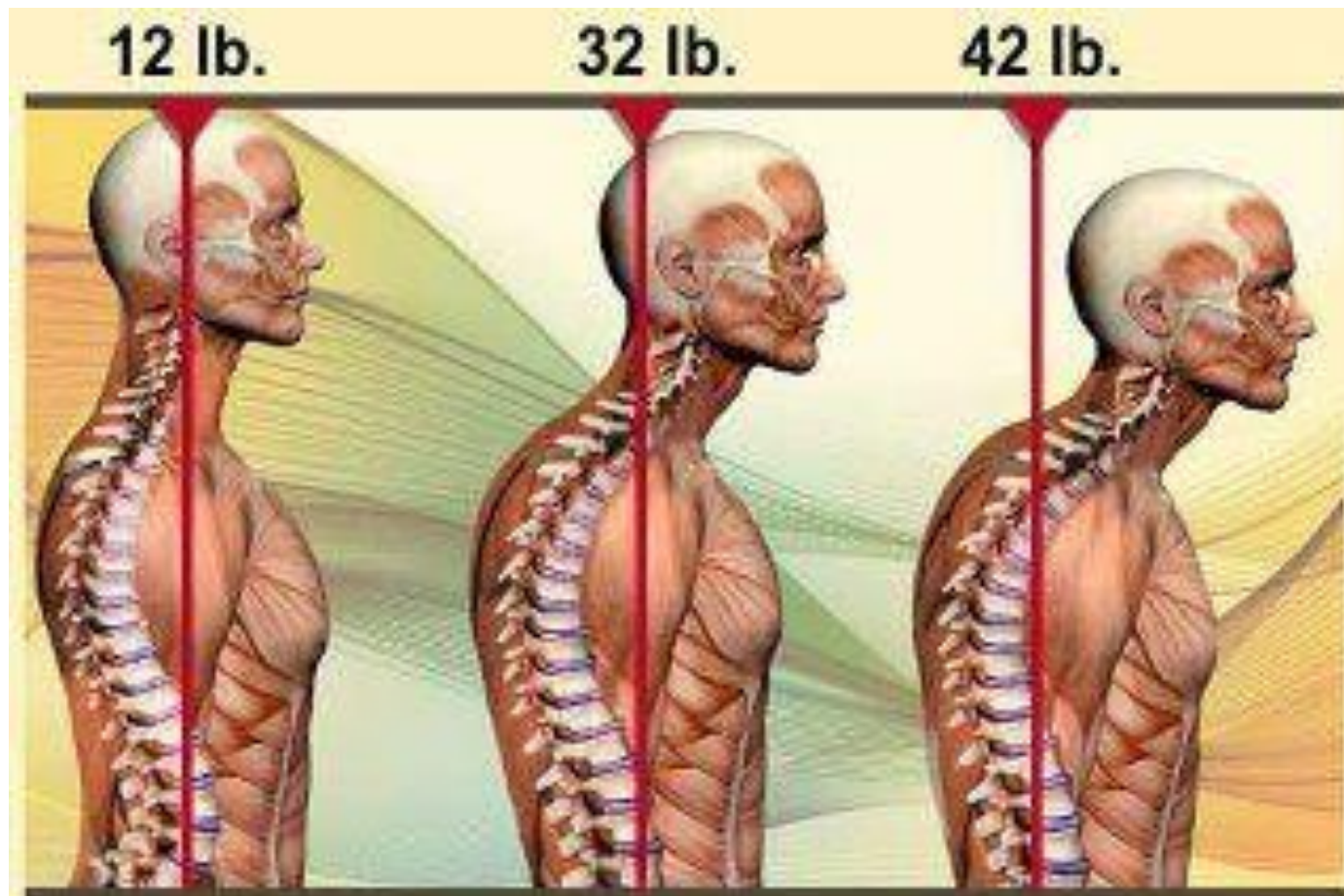
**Head balanced  
on top of spine**



# Adulthood



**Spine Health = 10**  
lbs of pressure per inch




**Figure 1**

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# Where and how we spend our time





# Music Teacher Daily Issues

## **FLOOR:**

Getting up and down

Sitting cross legged

Moving down low with difficulty

Numbness while sitting on the floor

Modifying instrument technique/sitting position for various sized instruments.

## **STANDING:**

Standing for long periods on a concrete floor

Tension while conducting

## **REPETITIVE MOTION ISSUES:**

Lifting instruments up and down, setting up risers

Loading and unloading from cars, carts, etc.

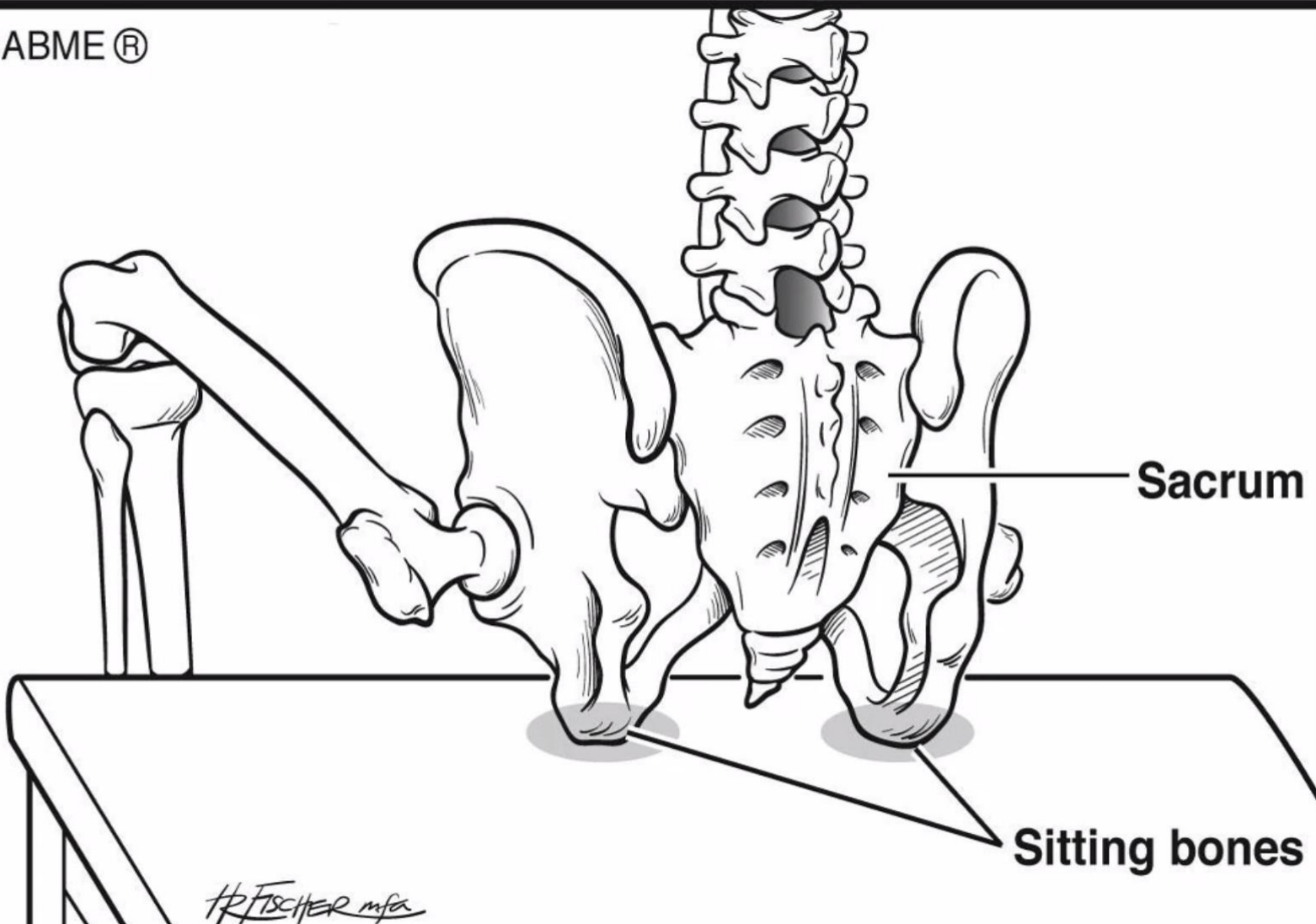
Jaw tension from singing/ TMJ issues

Hoarseness and tongue tension

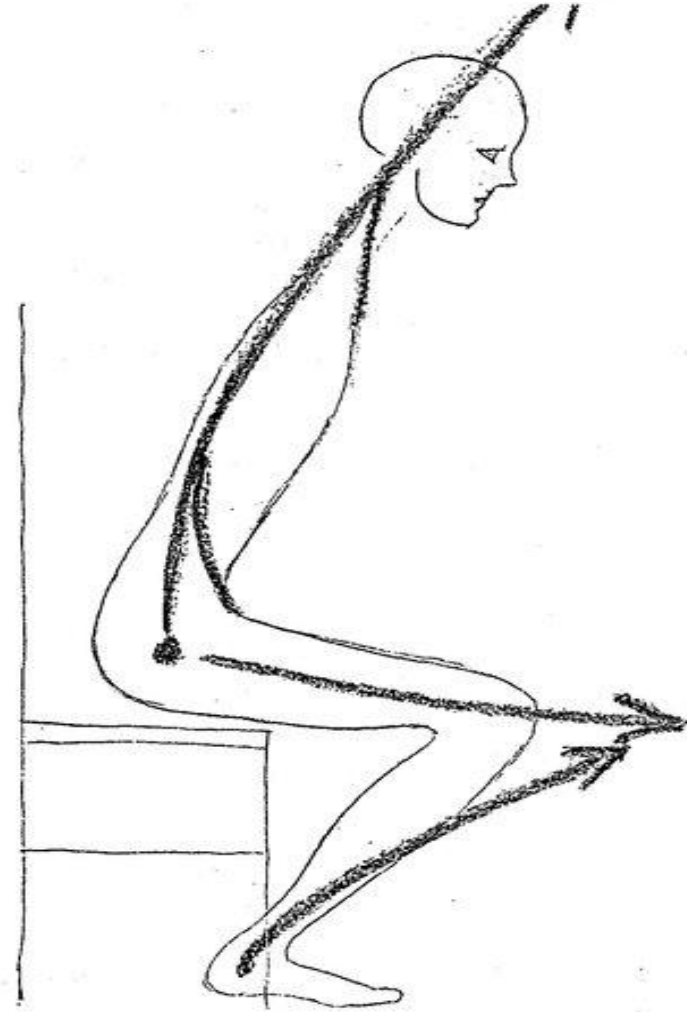
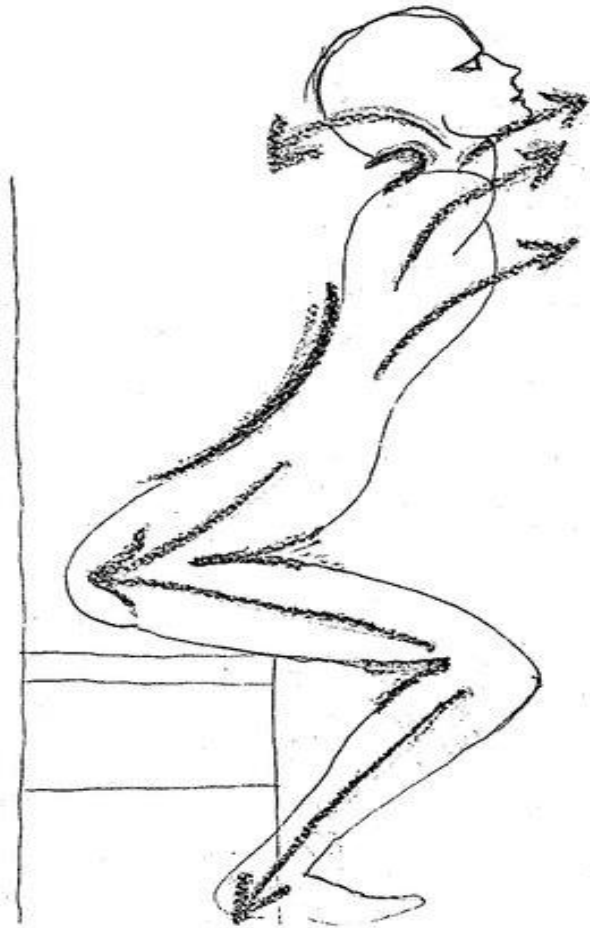
Tense shoulders from being at a computer for long periods of time

# Where are my sit bones?

© ABME ®



# Getting up with ease from a seat



# The outside of the foot



# Contrasts in poise and ease



# We are designed for movement

## Alexander Technique Quotes

There isn't anything either right or wrong when dealing with co-ordination. There are degrees of movement. Life is really moving from one position to another. We never stop and say, "This is right – this is my posture, this is the way I ought to be." If we do that, we're stiff trying to hold that posture. It isn't natural for our bodies to be held in positions. - Marjorie Barstow





# About Robbin Marcus



**Robbin Marcus is an ATI Certified Alexander Technique Teacher with a studio in Decatur, GA.**

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**Facebook:** [www.facebook.com/AlexanderTDecatur](http://www.facebook.com/AlexanderTDecatur)

**Today's Presentation:**

<https://www.robbinmarcus.com/a-t-links.html>

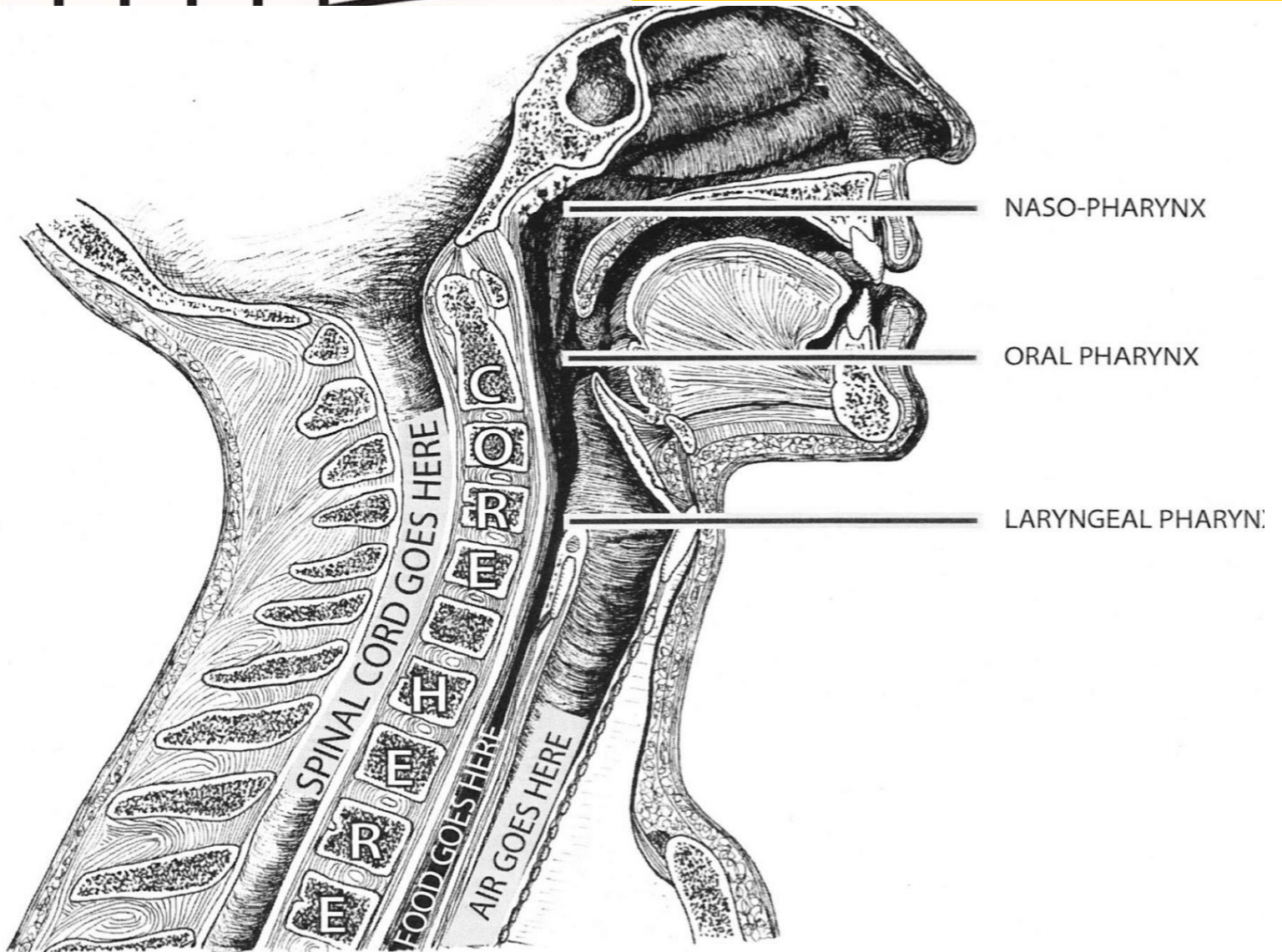
**Best Alexander Technique Informational Website:**

[www.alexandertechnique.com](http://www.alexandertechnique.com)

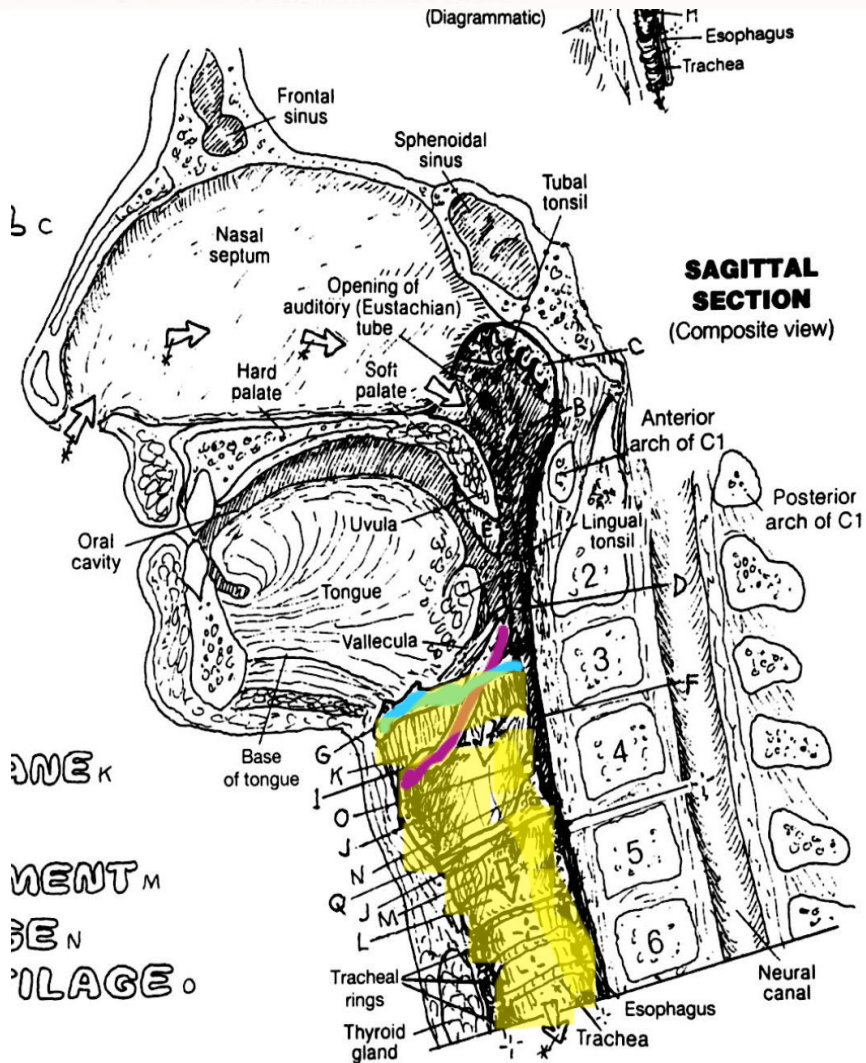
**Alexander Technique International**

[www. http://www.ati-net.com/index.php](http://www.ati-net.com/index.php)

# Cross section of neck and head



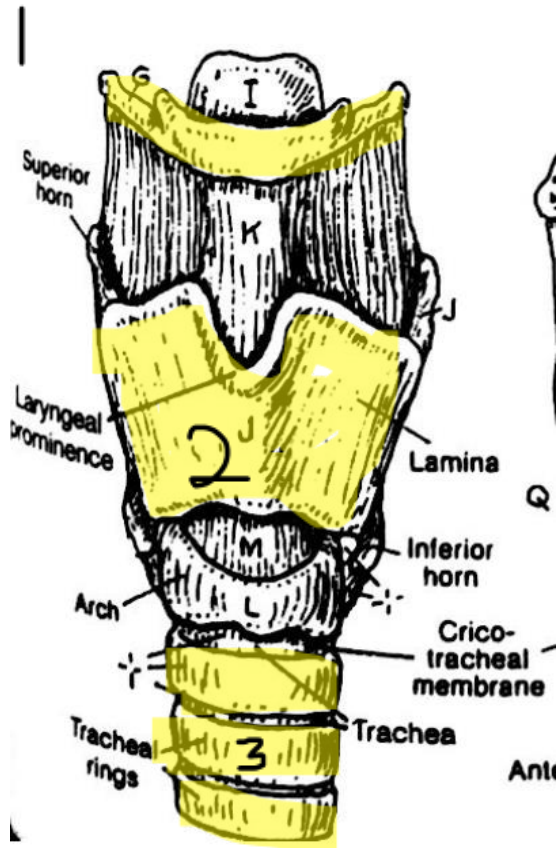
# Where is my larynx?



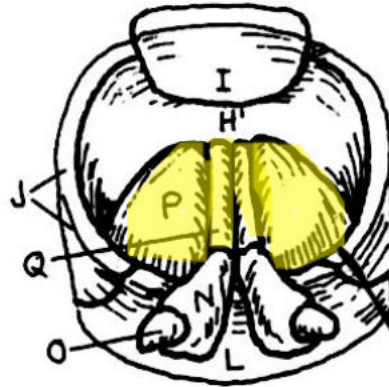
- The **larynx** hangs on the **hyoid bone** for support, which allows it to move up and down freely as we talk, swallow or sing.

# Larynx views: front and from above

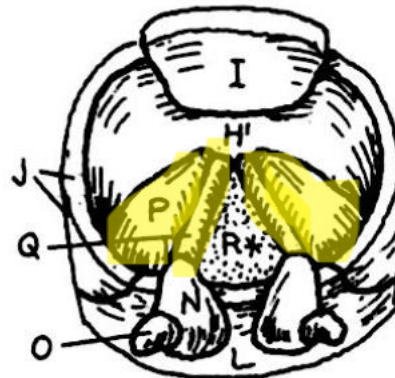
**ANTERIOR VIEW**



**SUPERIOR POSTERIOR VIEW**  
Phonation:  
Vocal folds adducted



**SUPERIOR POSTERIOR VIEW**  
Inspiration:  
Vocal folds abducted



- 1 Hyoid bone
- 2 Lamina
- 3 Tracheal rings

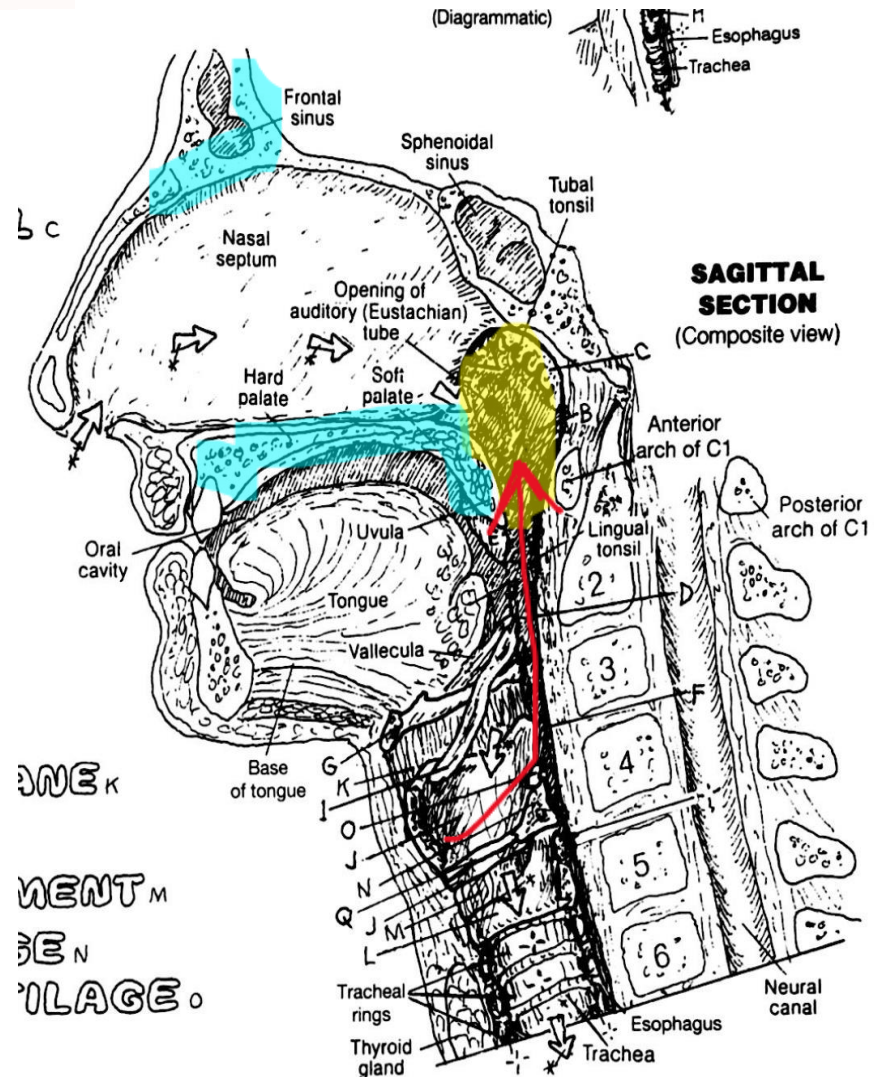
Vocal folds

Phonation

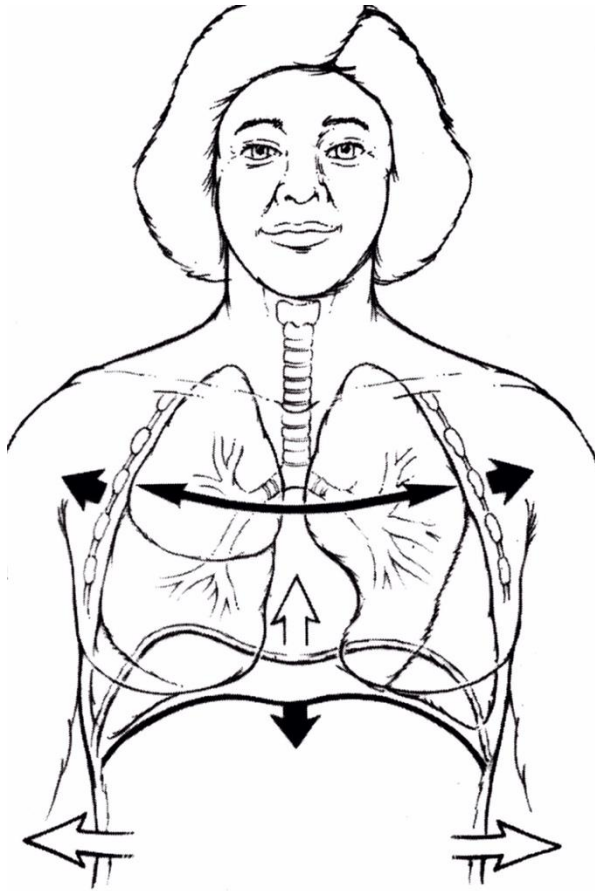
Inspiration

# The Soft Palate in Singing

- Sound from the vocal folds in the larynx vibrates in the soft palate.
- The **soft palate** is the cupola and star of our resonator system.
- Other resonators are the **hard palate** and the **sinus cavities**.



# How we breathe



- On the inhale, the diaphragm descends towards the pelvic floor, our lungs and torso widen.
- On the exhale, the air leaves the lungs as the diaphragm ascends.

# How we are breathed.

- The spine alternates between lengthening and gathering when we breathe.
- On the inhale (left) the spine gathers as we widen with the breath.
- On the exhale, (right) the spine lengthens as the air leaves the body.
- These motions occur because of the movement of the diaphragm.
- The diaphragm initiates breathing.

