

**From:** AUSTAT <info@austat.org.au>  
**Sent:** Friday, 3 April 2020 5:27 PM  
**To:** Karen  
**Subject:** AUSTAT E-News - 3 April 2020

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## ENews - 3rd April 2020

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Dear Karen,

AUSTAT Council continue to strongly recommend the Alexander teaching community cease face-to-face lessons. As promised and in recognition of the difficulties that arise from this action, members of Council have been collecting information we hope will be helpful for members at this very challenging time.

We would like to invite all the Alexander technique community to come forward with any ideas, share stories or give insights from particular expertise to support one another in our work over the next few months. What we have to offer the broader community at times like this is very valuable and it is important that we support each other to do this.

### **JobKeeper Payment for Sole Traders**

The Federal Government have introduced the JobKeeper payment which is available to sole traders. A sole trader is a business structure where the individual owner is legally responsible for all aspects of the business including any debts and losses and day-to-day business decisions. A sole trader may or may not employ other people in their business.

Sole Traders may be eligible to receive the JobKeeper payment if their turnover has reduced.

For further details and to register for the JobKeeper payment you can visit the government website by clicking the link below.

<https://www.business.gov.au/risk-management/emergency-management/coronavirus-information-and-support-for-business/jobkeeper-payment-for-sole-traders>

**Check with your State Government if there is an emergency grant available to you.**

Some State Governments may also be providing emergency assistance, for example the Tasmanian Government is giving grants of \$2,500 to any business or sole trader who has lost their income

<https://www.business.tas.gov.au/covid-19-business-support-packages/small-business-emergency-support-grant>

If any teachers know of other support options especially in their state please let us know so we can share this information around members.

### **Insurance for Online Teaching**

We have begun to investigate any issues around our existing insurance policies which may arise from members beginning to teach online. STAT have put out information for their members and we hope to have similar recommendations available to you next week. At this stage the information we have from the companies we have approached is positive. We would be grateful to hear from any of you who have had contact with your own insurance providers to hear what their response has been.

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F.M. Alexan



### **AUSTAT Book Club**

Joining this regular book discussion via zoom can count towards Professional Development.

**Every second Wednesday at 1pm**

**Commencing Wednesday 15<sup>th</sup> April.**

## 1.00pm to 2.00pm (EST)

First book to be discussed. The Use of the Self by F.M. Alexander.  
Read preface and chapters 1 and 2.

Zoom address for 15<sup>th</sup> April and every second Wednesday after that is:

**Join Zoom Meeting** <https://zoom.us/j/683154783>

**Meeting ID: 683 154 783**

One tap mobile

+61280156011,,683154783# Australia

+61370182005,,683154783# Australia

Dial by your location

+61 2 8015 6011 Australia

+61 3 7018 2005 Australia

+61 8 7150 1149 Australia

Meeting ID: 683 154 783

Find your local number: <https://zoom.us/u/ad7pE9Y2NB>



## Letter to the Editor

Dear Editor,

It is a worrying time for all Alexander teachers and students, world-wide, who now have to stop hands-on teaching, for a time, due to the COVID-19 virus.

However, thanks to Mr. F.M. Alexander and his teaching, we have the ability to choose to meet this most unusual stimulus with creative, constructive, conscious, control in order to be kind to ourselves and others. We can choose to stop, (to inhibit) and think the directions, to the primary control, that free us UP and allow quiet. And, in this precious space, we can plan how best to use this time. One way might be to devote time each day to study, read and explore exactly how F.M. Alexander taught his pupils, from all walks of life, to all professions and to children and, they 'got it!' They understood from experiencing the change in their kinaesthetic sense and, by learning how to be free from habitual reactions - "to a stimulus that can always put you wrong". (FM). They also understood what it meant to self-work, by thinking differently applying Alexander's inhibition the direction (to the pc) in their daily activities and interactions. And, from all accounts, they benefited greatly, psychophysically. Inspiring reading! Perhaps we can do the same at this

time as we, practice the procedures, peel a carrot, pick up an instrument or go for a walk with CCCI.

Finding reading time is not always easy in our busy lives but now we can take this opportunity to refresh and renew our understanding of F.M. Alexander's teaching, (as it does change and grow) so we too will continue to benefit greatly - when we start up teaching and educating our pupils again, presenting the principles of - the Alexander Technique - the teaching that frees one Up from harmful habits of use and reaction.

Note: At the Alexander Technique Institute in North Sydney I have a number of books, articles and back copies of *The Alexander Journal* that I am happy to make available to anyone.

I can sent out a list - Just email, [diana@alexandertechniqueinstitute.com.au](mailto:diana@alexandertechniqueinstitute.com.au)

Other Recommended reading:-

\* Alexander's four books.

\* *A Means To An End - Articles and Letters on the Alexander Technique 1909 - 1955.*

\* *F. Matthias Alexander - The Man and His Work* by Lulie Westfeldt

\* *An Examined* - Marjory Barlow (Alexander's niece) in Conversation with Trevor Allan Davies.

\**As I See It - The Alexander Technique* by Patrick Macdonald. (Recent edition)

Available from: Mouritz Publishing <https://www.mouritz.co.uk> - they will sent promptly.

Best to all and keep well.

Diana

[www.alexandertechniqueinstitute.com.au](http://www.alexandertechniqueinstitute.com.au)

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