



The Early Childhood Music Association of Ontario

www.ecmaontario.ca

Presents

# Musical Play & The Alexander Technique

with

## Sophie Bell & Tanya Bénard

Sunday February 12th, 2012

1 – 4:00 p.m.

Registration: 12:30p.m.

Room #078, Edward Johnson Bldg.

Faculty of Music, U. of T.

(Museum Subway Station)

At today's workshop, renew your sense of musical play and at the same time give your spirit a boost...it's serious fun!

**Sophie says:** For successful learning to take place, engaging our children is first and foremost. Children's input, an essential ingredient to our teaching, honours the playful spirit. With a sense of fun, playing around with musical ideas is purposeful and meaningful learning for child(ren) and adult(s) alike.

**Tanya says:** As teachers of early childhood, we're challenged every day to be good models, even as we sit on the floor for hours, wiggle like worms, and try to manage a wide range of needs in the classroom from within aging bodies. The Alexander Technique increases awareness of unhelpful habits that interfere with moving freely and feeling our best. It offers a process through which we can transform excess tension and increase our energy and vitality. Come discover what the Technique has to offer in learning to take care of ourselves and the children we teach.

**Sophie Bell** holds a B.A. in psychology/sociology, York University, Toronto; an A.R.C.T. in piano performance, Royal Conservatory of Music, Toronto; an Advanced Certificate in Early Childhood Music Education, Ryerson University, Toronto; MEd, Ontario Institute for Studies in Education, Toronto; Orff Level III certification, and has completed 4 master level Orff courses. Sophie has been a faculty member of the Royal Conservatory of Music Children's Department for 19 years, teaching infants to 5 year olds. She continues her work as a music specialist in Toronto area nursery and preschools, in addition to being a visiting artist at local elementary schools (JK-Gr4), sharing the joy of music and movement with children and teachers alike.

**Tanya Bénard** has a wide range of experience both as a Certified Teacher of the Alexander Technique and an Early Childhood Music Educator. Since 2005, she has taught in the Children's Programs Division of the Royal Conservatory of Music, music and movement classes at Humber College and through the Regent Park School of Music. As a teacher of the Alexander Technique, she maintains a private practice and serves on the faculty of the Glenn Gould School teaching the Technique she developed in 2006. Tanya frequently presents the Alexander Technique for the Ontario Music Educators Association, the Ontario Registered Music Teachers Association, Carl Orff Canada, and the Suzuki Association of Ontario.

To pre-register, send the attached form and cheque payable to:

E. C. M. A. of Ontario

7 Downpatrick Crescent, Etobicoke, ON M9R 2R8

Please note: fees for the workshop cover the cost of the clinician and workshop expenses therefore refunds cannot be given.

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Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Workshop Fees (circle the appropriate category)

**\*\*Early Bird registration by: February 3/12\*\***

Early bird E.C.M.A. member \$40.00      E.C.M.A. members at the door \$50.00

Early bird non-member \$50.00      Non-member at the door \$60.00

Student member / Retired member \$30.00

Current Valid Student ID Required

If receipt is needed before the workshop, please enclose a self-addressed stamped envelope.

The Early Childhood Music Association of Ontario is a not for profit charitable organization (892366766RR0001).

Your gift will further our commitment to musical development for all young children in Canada and encourage the growth of future musicians and audiences.

I would like to include a tax- deductible gift of \$\_\_\_\_\_.