

**think  
up**

## **reed making/rieten maken**



**...a course in which you will learn to prevent unnecessary tension while reed making. Instead, you will learn to perform this daily activity with less stress, a soft long neck, shoulders resting and free breathing...**



ALEXANDER TECHNIEK PRAKTIJK

TEL: 06-41439664 E-MAIL: [M@THINKUP.NL](mailto:M@THINKUP.NL) [WWW.THINKUP.NL](http://WWW.THINKUP.NL)

ADDRESS: JAN OLPHERT VAILLANTLAAN 45, 1086 XZ AMSTERDAM

**Location:** Jan Olphert Vaillantlaan 45 Amsterdam: 12 min. by tram from Central Station

**Teacher:** Maaïke Aarts

**Costs:** 140 euro incl. BTW for four workshops 1,5 hour each

**Dates:** four weeks in a row, precise dates to be decided amongst participants

**Maximum group size:** six people

**Please contact me if you are interested or if you have any questions:** e-mail: [m@thinkup.nl](mailto:m@thinkup.nl)

#### **Workshop content**

1. All inclusive awareness, emotion and stress
2. The 'head-neck-back', looking down from the top of the spine, coming forward from the hips
3. Fine movements with hands, while widening the shoulders, resting the elbows
4. Breathing

We will be working with the reed making instruments every lesson so bring (some of) them each time.

***“...Via Alexander Technique Maaïke has helped me help myself. With her guidance I’ve been able to improve my technique and reduce my physical stress level. Her patience and keen eye helped me identify sources of tension and relax my neck and shoulders to improve my sound in general and specifically help me with a delicate entrance in Ravel’s “Bolero”....***

***Janet Morgan, first bassoon player het Ballet Orkest***



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## **About me**

Be welcome!!

I am a certified teacher registered with STAT and NeVLAT and I studied full-time for three years at the Alexander Technique Centre Amsterdam graduating in December 2002.

For the last 17 years I specialised in working with musicians in my Alexander Technique practice in Amsterdam. I teach at the Academy of the Royal Concertgebouw Orchestra and give workshops for orchestras like RCO, NedPho/NKO, RadioPhil and teach at courses for violin, clarinet and flute. I also train new Alexander Technique teachers at the Alexander Technique Centre Amsterdam and have a full private practice in Amsterdam IJburg.

From 2004 to 2010 I was a first violinist in the Royal Concertgebouw Orchestra. From 2014-2018 I was associate concertmaster of the Netherlands Chamber Orchestra next to Gordan Nikolic as artistic leader/concertmaster. I resigned from my position in order to follow my dream and spread the Alexander Technique more deeply into the music world where there is such a need of prevention of injuries and need for mental strength and freedom in playing.