

Alexander Technique

with Patty Massey

About Patty...

I began taking lessons in the Alexander Technique while I was a music student at Northwestern University. As a professional musician for over 35 years, combining performing as a clarinetist and teaching clarinet, I kept coming back to studying the Technique because of the benefits it gave me in my work. As time went on I also realized the educational value of the Alexander Technique in not just my professional work but also for my overall health.

In 2013 I decided to train to become an Alexander Technique teacher to expand my knowledge of the Technique and to be able to teach it to others. I certified as an Alexander Technique teacher in 2016 at ATI-LA.

As an Alexander Technique teacher I have assisted Babette Markus at Cal Arts in the theater department, worked with people with Parkinson's as part of the Poise Project and given master classes to musicians at Idyllwild Arts, The Harmony Project and Cal State Northridge. I also give private or group lessons.

As a musician I am a member of several orchestras in the Los Angeles/Santa Barbara area. I taught clarinet for 25 years in the summer program at Idyllwild Arts.

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