



Chesapeake Bay  
Alexander Studies

*A flexible approach to the Alexander Technique*

Robin Gilmore, Director  
1204 Oak Hill Pl. #2C  
Annapolis, MD 21403  
410-268-2841  
robin@chesapeakealexander.com

---

## North Carolina AT Program 2011-2012 TRAINEE APPLICATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email address: \_\_\_\_\_

Outline previous Alexander technique experience. Include approximate number of study hours, teacher(s) and format (group or private).

How has AT helped you in your daily life and/or profession?

Why do you want to become an Alexander teacher?

List education, movement training or other life experiences that you feel are relevant.