



Constellation mentorship

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Abstract: This chapter examines the mentorship of Marjorie Barstow, the first American teacher of the F.M. Alexander Technique, a method of improving awareness of one's underlying coordination in activity. The factors that led to Barstow's own, very particular, model of teaching are many. I call her training a 'constellation-mentorship' and show how, in turn, she mentored the most influential American writer on the technique, Frank Pierce Jones, and supported the first American research into the AT.

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