

JUDITH SAXTON has been actively incorporating her decade of **Alexander Technique study** into her "Healthy Playing Habits" and "Breathing, Breaks and Basics for Mindful Music Making" presentations for universities and festivals and populations of varying ages across the nation and the world. She is a graduate of the North Carolina Teacher Training Program of Chesapeake Bay Alexander Studies; many of her teachers come from the Marjorie Barstow lineage. Observation, awareness and ease of movement are integral to her trumpet playing and teaching; she brings the clarity and focus from her wide range of teachers to all her interactions.

JUDITH SAXTON enjoys a multi-faceted career as an international trumpet soloist, chamber and orchestral musician, and educator. Ms. Saxton is on Eastern Music Festival Faculty and plays principal with the Shenandoah Valley Bach Festival. Known for her recording sessions and studio work from Chicago to Hong Kong, she is a Conn-Selmer clinician and frequent soloist for new works. She has recently presented master classes at the Modena Conservatory, Italy, Central (Beijing) and Shanghai Conservatories, Universidade Federal de Minas Gerais, Brasil and at the National Youth Brass Band of Great Britain.

Previously Ms. Saxton was principal and soloist with Hong Kong Philharmonic, Illinois, Wichita and Key West Symphonies, Chicago Chamber Orchestra; guest principal for St. Louis and extra for Chicago Symphony.

Chamber and recording credits include Wichita Brass Quintet, Tromba Mundi, Millar and Monarch Brass ensembles, and Crystal, Koss, Proto, Novitas, Moravian Music Foundation, MSR Classics labels; her ITG solo CD *Concert and Contest Pieces for Trumpet* was distributed globally, she was soloist and principal solo cornet for NC Brass Band's 2014 debut CD *First in Flight* and 2016 *Christmas Wrapped in Brass* CD.

A graduate of Mansfield (PA) and Northwestern Universities, her most influential teachers were Vincent Cichowicz, Arnold Jacobs, William Scarlett, Susan Slaughter and Michael Galloway. She was previously Artist/Faculty and Brass and Percussion Chair at University of North Carolina School of the Arts, and tenured Associate Professor of Trumpet at Wichita State University. Her students can be found performing and teaching around the world. She is a Certified Alexander Technique Teacher, ATI.

In the world we are constantly in relation with ourselves and other people and objects.

The Alexander Technique is a proven method of increasing efficiency and mobility in any activity. It presents a practical process by which one's *whole self*, body and mind may be re-educated to restore, refresh and renew the innate reflexes and responses to life's activities and challenges. The students learn to open up to themselves and the potential in every moment.

Alexander Technique is the study of the potent mind body connection and how we can learn to use our full selves more efficiently and move with greater ease and freedom in every activity that we do. Many performers and presenters of all kinds take the technique, primarily because it encourages *choice* in every moment and actively promotes the act of *undoing* and *unlearning* our physical and mental responses. The organization of the whole self and the coordination of the body and the mind is attained through the power of thought and *pausing*.

Alexander Technique serves to develop and encourage kinesthetic awareness that our current culture and lifestyle do not always support. The teacher guides the student to ease and freedom in their movements through an increased awareness of their habitual reactions, and redirects them to their *primary coordination*, present from birth.

Athletes and performing artists use the technique to enhance their skills. Other applications include reducing chronic tension and fatigue associated with office work and other daily activities. Developed by F. M. Alexander in the late 1800s, we use his principles to regain our inherent buoyancy and think on our feet as we respond to whatever comes our way. If one chooses to integrate this technique into one's living, they will discover that it positively impacts every aspect of life and is successful in remedying many overuse and misuse injuries brought on by faulty technique or imbalance - a common occurrence in office workers, teachers, medical professionals, musicians and athletes.

“Alexander” helps **rediscover your potent mind/ body connection and innate coordination -- resulting in increased choice in freedom from habits, and enhanced skills, efficiency and ease of movement in every activity.**

ATI: Alexander Technique International <http://ati-net.com/>