

# The Kate Conklin Foundations Course for Professional Singers

## Recommended Reading

*Integrative Alexander Technique Practice for Performing Artists: Onstage Synergy* \*  
by Cathy Madden

This is the text I strongly recommend for use during this course, and for any performer who wants to understand and continue their artistic journey.

*The Body Has a Mind of Its Own: How Body Maps Help You Do (Almost) Anything Better* by Sandra Blakeslee, Matthew Blakeslee

An excellent resource for understanding our human psycho-physical design, and how we learn and perform.

*Deep Play* by Diane Ackerman

An exploration of the concept of play, as a means for survival, socializing and developing of skills.

*Galvanizing Performance: The Alexander Technique as a Catalyst for Excellence*  
edited by Kathleen Juhl and Cathy Madden; Chapters by Kate Conklin and Cathy Madden

My chapter in this book describes my teaching process and criteria, the development of my work with extraordinary artists, and asserts teaching highly skilled performers as its own distinct field. Cathy Madden's chapter is about working with a group of students over a period of time, warm ups and games she uses, and some feedback from the participants.