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Cellist Pedro de Alcantara is the author of Indirect Procedures: A Musician's Guide to the Alexander Technique The Alexander Technique: A Skill for Life

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This book contains all the articles by Dart which directly relate to the Alexander Technique plus two articles on the subject of skill and poise.

Indirect procedures: a musician's guide to the

Pedro de Alcantara is a musician, writer, and teacher. His books include Integrated Practice: Coordination, Rhythm & Sound, The Alexander Technique: A Skill for Life

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