



C A S P E R
JUNE 10, 2023
WyAD(plus)
mindful practice.



JESS ALBERTINE LEMMERTZ

joins us as our headline presenter and masterclass teacher!

AMSAT-CERTIFIED ALEXANDER TECHNIQUE TEACHER

Jess Albertine Lemmertz is a certified Alexander Technique teacher based in the Denver area, with a background in the performing arts and disability communities. Originally a flute player and composer, she worked with AT for 10 years to help with her own medical issues before studying to become a teacher. Jess loves to help students work toward movement ease with a commitment to inclusivity, body neutrality, and self-ownership. She combines her training with personal experience in managing chronic health issues, creating a safe place for students to work on themselves without judgment. Jess has also taught numerous workshops on LGBTQ+ inclusivity in Alexander Technique. She teaches at the University of Denver's Lamont School of Music and maintains a private teaching practice, Open Mind AT. You can learn more about Alexander Technique at her website, OpenMindAT.com.

Jess Albertine Lemmertz will also be available for private lesson on June 10 from 4-6pm.

If you are interested in reserving a time, please contact her directly:

Jess Albertine, M.AmSAT . 678-294-6337 . OpenMindAT@gmail.com . www.OpenMindAT.com

WMTA

an affiliate of Music Teachers National Association

CASPER

JUNE 10, 2023

WyAD(plus)

mindful practice.

JESS ALBERTINE LEMMERTZ joins us as our headline presenter and masterclass teacher!

AMSAT-CERTIFIED ALEXANDER TECHNIQUE TEACHER

Jess Albertine Lemmertz is a certified Alexander Technique teacher based in the Denver area, with a background in the performing arts and disability communities. Originally a flute player and composer, she worked with AT for 10 years to help with her own medical issues before studying to become a teacher. Jess loves to help students work toward movement ease with a commitment to inclusivity, body neutrality, and self-ownership. She combines her training with personal experience in managing chronic health issues, creating a safe place for students to work on themselves without judgment. Jess has also taught numerous workshops on LGBTQ+ inclusivity in Alexander Technique. She teaches at the University of Denver's Lamont School of Music and maintains a private teaching practice, Open Mind AT. You can learn more about Alexander Technique at her website, OpenMindAT.com.

Jess Albertine Lemmertz will also be available for private lesson on June 10 from 4-6pm. If you are interested in reserving a time, please contact her directly:

Jess Albertine, M.AmSAT. 678-294-6337. OpenMindAT@gmail.com . www.OpenMindAT.com