

# From Student to Trainee: A Life Changing Decision

Five people share their journey to becoming a trainee teacher.

## Trainee Case Study # 2

For years I had the dream of doing the teacher-training "one day". I think the last thing that really made me decide to start the training was when a person close to me died. I realized that if there is something you know you want to do in this life, you've got to do it. I had always thought that I would not be able to fit it together with my busy schedule as a free-lance musician travelling around Europe, that I wouldn't have the time and/or money to do the training. But now I can say from experience that if one wants something strongly enough and you take the first step, somehow the way opens and it becomes possible.

And why did I want it so badly? I've always loved teaching. Before moving to the Netherlands, I was teaching the double bass to children in four music schools in Finland. Some years later after having had a break from teaching, I started teaching in the conservatory in Helsinki and then I remembered again how much I loved to teach. At the same time, I felt that I would love to teach these young adults something really useful and give them the tools I was learning myself in my Alexander technique lessons.

I wanted them to have access to the means-whereby to work on themselves, to be able to use their whole psychophysical being and from there they could improve their bass playing and even their lives, depending how far they wanted to take these ideas.

Another side of my burning will and desire to do the training was that I wanted answers for myself. I wanted to know what happens in the Alexander technique lesson, what is the "process", what is all this that seems like magic?

I had started learning the technique in a Conservatory in The Hague and soon was feeling puzzled as to why this, (at first appearance) physical technique was causing emotional effects on me as well? I felt that I couldn't get sufficient information from my teachers and I decided to search for the answers myself. (This is actually where I found the Direction Magazine!) It was from Direction that I could, for the first time, find some answers to my questions and I went on with the technique knowing that I was not imagining things.

I took private lessons with Francien Schoonens for 7 years before starting the training. Now I'm in my third year of training and yes I've got a lot of answers to most of the questions I had before starting the training. I have also learned to ask even more and more questions. I actually value my questions more than the possible answers. The answers may change over time, whilst the questions keep driving me forward.

**Maria Vahervuo,**

Alexander Techniek Opleiding Nederland, Amsterdam

January, 2010