

Cliff Hicks has been teaching Alexander Technique for CSM since 2012. He is on the faculty of the Adventures in the Arts Program in Little Rock. Cliff enjoys working with people of all ages and occupations. He conducts annual workshops for performing artists at Arkansas State U, Southern Arkansas U. and University of Memphis and the Hot Springs Music Festival. In addition, he has given presentations at numerous schools and community organizations throughout the state. Prior to his move to Arkansas, he taught Alexander Technique at Interlochen Arts Academy for 10 years and taught at many colleges and wellness centers in Michigan. Cliff provided lessons for members of the Osnabrueck Theater Orchestra in Osnabrueck Germany for one year. Cliff completed his training at the Virginia School for the Alexander Technique in Charlottesville, Va. in 1992. It was in Virginia that Cliff was invited to work with the highly respected artist Robert Fripp for one of his guitar craft workshops.

Cliff has a great passion for this work. His students are surprised that they can move with much more ease and freedom than thought possible. Students apply this work to their daily lives...at work, in the garden, in sports...in any activity! More recently, he has focused on the problems of aging which provide a good test for this work. Artists come to understand that pain free performance flows from balanced use of the whole self in every aspect of life.



