

Patrick Gundry-White — Alexander Technique



Patrick became an Alexander Teacher ten years after studying the French Horn at the Royal Academy of Music. When he graduated from Fellside Alexander School in 1990, he began specialising in helping musicians of all ages find ease and freedom in musical preparation, practice and performance.

He is a member of staff at Chetham's School of Music in Manchester, works with members of the Hallé and BBC Philharmonic orchestras and has worked for many years with Sir Mark Elder, music director of the

the Hallé. Patrick has presented lectures and practical workshops with music students at the Royal College of Music in London and the Royal Northern College of Music in Manchester.