

Käthe Jarka

Käthe Jarka is a graduate of The American Center for the Alexander Technique and of the Juilliard School. She did extensive post-graduate work with John Nicholls and with Pedro de Alcantara, author of *Indirect Procedures, a Musician's Guide to the Alexander Technique*. In addition to an active performing and teaching career as a cellist she has a large practice in the Alexander Technique in New York City, with an emphasis on the performing arts.

Käthe has served on numerous faculties, including ATNYC (Alexander Technique New York City), where she taught Alexander teacher-trainees, The Neighborhood Playhouse, where she worked with young actors, and Mannes College Preparatory Division, where she taught young cellists.

She has presented Alexander workshops for musicians at Yale University, Mannes College, The University of Minnesota, The Manhattan School of Music, New York University, The Harttt School, The New York Youth Symphony and the School for Strings in New York. She has twice been invited to work with the musicians of the Guanajuato Symphony in Mexico and has taught at the Gloppen Music Festival in Norway as well as workshops in Hidden Valley, California and at Ghost Ranch, New Mexico, and workshops for the US Air Force Band.