

# ALEXANDER TECHNIQUE CONGRESS ASSOCIATION

England & Wales · Charity number 1192471

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-11-23

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Fellside Cottage  
Low Fellside  
Kendal  
Fellside Cottage  
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## Activities

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**Objects:** TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN THE F MATTHIAS ALEXANDER TECHNIQUE ("THE ALEXANDER TECHNIQUE") BY ORGANISING AND DELIVERING INTERNATIONAL CONGRESSES ON THE SUBJECT AND METHODS OF THE F. M. ALEXANDER TECHNIQUE

**Activities:** To advance the education of the public in the F. Matthias Alexander Technique ("The Alexander Technique") by promoting, organising, assisting, and delivering international congresses on the subject and methods of the F. M. Alexander Technique; to ensure that the purpose of the congresses is to advance knowledge, professional interaction and the exchange of ideas; and to disseminate the learning.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- Germany
- Ireland
- United States
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-12-31	£16,158	£747	-	-
2024-12-31	£18	£1,703	-	-
2023-12-31	£23,992	£24,813	-	-
2022-12-31	£11,868	£441	-	-
2021-12-31	£3,112	£324	-	-

## Trustees

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Name	Role	Appointed
<b>JAMES MCDOWELL</b>	Chair	2020-10-25
Andreas Dirschel		2025-09-28
Jean Mouritz Olai Fischer		2025-09-28
Rossella Buono		2025-09-28