



ALEXANDER TECHNIQUE WORKSHOPS

FREE Experiential
workshops open to all

Radical Self-Care for Activists

Thursday 2-3:30

AT for Educators: Safe Space Mini-Retreat

Friday 9-10:30

Alexander Technique for Performing Artists

Friday 1:30-3pm

Mastering the Art of Wearing High Heels

Saturday 3:30-5pm

AT for People Living with Parkinson's

Sunday 1:30-3

Community Salsa!

Sunday 3:15-4:45

American Society for the Alexander Technique

Annual Conference & General Meeting

Columbia University June 26-30, 2019



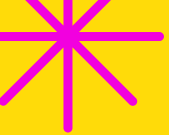
Register here:
bit.ly/atconference2019
or call/email:
937.586.3732
info@amsatonline.org

**Our Community's Future:
Diversity, Equity and Belonging**



™ Columbia University, New York City
June 26 - 30, 2019





ALEXANDER TECHNIQUE

WORKSHOPS



Experiential workshops
open to all—\$65 each

Scoliosis 101 Part I and II

9-10:30; 11-12:30 Wednesday

Sensing Beyond Sight

Wednesday 2-3:30; Sunday 1:30-3

Physical Expression for Stage and Screen

Thursday 2-3:30

Alexander Technique is for Everyone!

Saturday 1:30-3

Guitar Huddle

Saturday 3:30-5

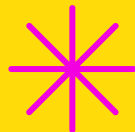
Finding UP from the Ground

Sunday 1:30-3pm



Register here:

bit.ly/atconference2019
or call/email:
937.586.3732
info@amsatonline.org



Many more workshops are
available to Associate
Members of AmSAT.
Call to join — \$55