



# AT for Everyone

Experiential Workshop  
with Fabio Tavares

\$65 Open to the Public

You don't need to be an actor or a musician to come to this workshop or enjoy the Alexander Technique. If you have a brain and some bones and some lungs (oh! and a heart) then this workshop is for you! Come see how AT can be made accessible for everyone, even if you are dealing with chronic pain.



1:30-3 PM

SATURDAY, JUNE 29

ALFRED LERNER HALL

(Broadway entrance)

COLUMBIA UNIVERSITY

Register:

[bit.ly/atconference2019](https://bit.ly/atconference2019)

call/email AmSAT Office:

937.586.3732

[info@amsatonline.org](mailto:info@amsatonline.org)

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



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

