



# 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](https://bit.ly/atconference2019)  
or call/email:  
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

