Additional document links:

Guidelines when talking about AT with science & medical professionals

Cohen, Cacciatore, Johnson: AT Article in Kinesiology Review

2018 Congress Paper - Rajal Cohen Science Plenary: Science Catches Up

The Poise Project AT Research References Handout 2021

The Poise Project Alexander Technique & Parkinson's Handout

The Poise Project - Timeline of Activities since 2016

2015 Congress Paper - A 12 Step Program for 21st Century Job Creation for Alexander Technique Teachers and Graduating Trainees

2018 Congress Paper - The Poise Project: Bridging the Gap

2018 Congress Paper - AT Research 101: a workshop for AT teachers