

# NOW



Nurturing Our Work

## 12<sup>th</sup> International Alexander Technique Congress

22 - 28 August 2022  
Technische Universität Berlin | Germany

# Welcome!

AT Congress 2022 - NOW Timetable



### Monday, 22 August 2022

15:00h  
3pm

#### Congress Check-in

15:00-19:00 | 3pm-7pm



#### Guided Tour | Venue & Berlin Tips

15:30h-16:15h | 3.30pm-4.15pm | 45 min



16:00h  
4pm

#### Intermittent AT Games

Come Play With Us!

#### Guided Tour | Venue & Berlin Tips

16:45h-17:30h | 4.45pm-5.30pm | 45 min



17:00h  
5pm

18:00h  
6pm

#### Guided Tour | Venue & Berlin Tips

18:00h-18:45h | 45 min



19:00h  
7pm

#### OPENING NIGHT

Welcome to an amazing week together

– with Lee Warren and friends

19:00h-21:00h | 7pm-9pm | 120 min



20:00h  
8pm

21:00h  
9pm

#### Cocktail Bar

open from 21:00h | 9pm





## Tuesday, 23 August 2022

07:00h 7am	<b>Morning Activities</b> 7:00h-8:00h   7am-8am   60 min 		
08:00h 8am	<b>Breakfast</b> 8:00h - 9:00h   8am-9am   60 min 		
09:00h 9am	<b>Continuous Learning</b> Session 1 - Day 1 9:00h-11:00h   9am-11am   120 min 	<b>How-to</b> 9:00h-11:00h   9am-11am 120 min 	<b>Work Exchange and Individual Lessons</b> 9:00h-20:00h 9am-8pm 11 hrs 
10:00h 10am			
11:00h 11am	<b>Keynote / Plenary Session</b> Dr. Philip Bull - Hypermobility and the Alexander Technique 11:30h-12:45h   11.30am-12.45pm   75 min 		
12:00h 12pm	<b>Lunch Break</b> 12:45h -14:30h   12.45pm-2.30pm   105 min 		
13:00h 1pm	<b>Hypermobility &amp; AT Follow-Up Panel</b> 13.30h-14.15h   1.30-2.15pm   45min 		
14:00h 2pm	<b>Workshops Medium</b> 14:30h-15:45h   2.30pm-3.45pm   75 min 		
15:00h 3pm	<b>Workshops XL</b> 14:45h-17:15h   2.45pm-5.15pm   150 min 		
16:00h 4pm	<b>Workshops Medium</b> 16:00h-17:15h   4pm-5.15pm   75 min 		
17:00h 5pm	<b>Workshops Mini   30 min</b> 16:45h-17:15h   4.45pm-5.15pm 		
17:00h 5pm	<b>Open Space</b> 17:15-18:00h   5.15pm-6pm   45 min 		
18:00h 6pm	<b>Evening Activities</b> 18:00h-19:00h   6pm-7pm   60min 		
19:00h 7pm	<b>Dinner Break XL</b> 18:00h -20:00h   6pm-pm   120 min 		
19:00h 7pm	<b>Dinner Break</b> 19:00h -20:00h   7pm-8pm   60 min 		
20:00h 8pm	<b>Bob's Corner   Joyful Congress Updates &amp; AT Impulses</b> 20:00-20:30h   8pm-8.30pm   30 min 		
21:00h 9pm	<b>AT Poetry Slam</b> Evening Entertainment 20:30-22:00h   8.30pm-10pm   90 min 		<b>AT Movie Night</b> Evening Entertainment 20:30-22:00h   8.30pm-10pm   90 min 
			<b>Cocktail Bar</b> open from 20:30h   8.30pm 

# AT Congress 2022 - NOW Timetable



## Wednesday, 24 August 2022

07:00h 7am	<b>Morning Activities</b> 7:00h-8:00h   7am-8am   60 min 		<b>Work Exchange and Individual Lessons</b> 9:00h-20:00h 9am-8pm 11 hrs 
08:00h 8am	<b>Breakfast</b> 8:00h - 9:00h   8am-9am   60 min 		
09:00h 9am	<b>Keynote / Plenary Session</b> Rachael Sullivan - Marketing the Alexander Technique 9:00h-10:15h   9am-10.15am   75 min 		
10:00h 10am	<b>Workshops Medium</b> 10:30h-11:45h   10.30am-11.45am   75 min 	<b>Workshops XL</b> 10:30h-13:00h   10.30am-1pm   150 min 	
11:00h 11am	<b>Open Space</b> 11:45-12:45h   11.45am-12.45pm   60 min 		
12:00h 12pm	<b>Lunch Break</b> 12:45h -14:15h   12.45pm-2.15pm   90 min 		
13:00h 1pm			
14:00h 2pm	<b>Workshops Mini   30 min</b> 14:15h-14:45h   2.15pm-2.45pm 		
15:00h 3pm	<b>Continuous Learning</b> Session 1 - Day 2 15:00h-17:00h   3pm-5pm   120 min 	<b>How-to</b> 15:00h-17:00h   3pm-5pm 120 min 	
16:00h 4pm			
17:00h 5pm	<b>Teatime Conversations</b> Themed Meetups 17:15h-18:45h   5.15pm-6.45pm   90 min 		
18:00h 6pm			
19:00h 7pm	<b>Dinner Break</b> 18:45h -20:00h   6.45pm-8pm   75 min 		
20:00h 8pm	<b>Bob's Corner   Joyful Congress Updates &amp; AT Impulses</b> 20:00-20:30h   8pm-8.30pm   30 min 		
21:00h 9pm	<b>Evening Activities</b> 20:30h-21:30h   8.30pm-9.30pm 60min 	<b>AT Karaoke Night</b> Evening Entertainment 20:30-22:00h   8.30pm-10pm   90 min 	<b>AT Movie Night</b> Evening Entertainment 20:30-22:00h   8.30pm-10pm   90 min 
			<b>Cocktail Bar</b> open from 20:30h   8.30pm 



## Thursday, 25 August 2022

07:00h  
7am

### Morning Activities

7:00h-8:00h | 7am-8am | 60 min



08:00h  
8am

### Breakfast

8:00h - 9:00h | 8am-9am | 60 min



09:00h  
9am

### How-to

with How-to teachers and special sessions from CL teachers  
9:00h-11:00h | 9am-11am  
120 min



### Work Exchange and Individual Lessons

9:00h-13:00h  
9am-1pm  
4 hrs



11:00h  
11am

### Panel Discussions

11:15h-12:45h | 11.15am-12.45pm | 90 min



12:00h  
12pm

13:00h  
1pm



**FREE AFTERNOON and Evening**  
Enjoy Berlin!

14:00h  
2pm

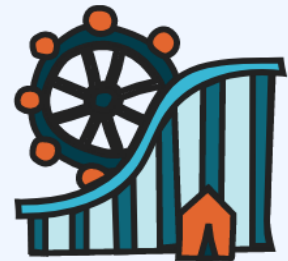
### Congress Walks

- Exact times to be announced -



We stroll through Berlin  
and exchange work in front of major sights  
= Flashmobs!

16:00h  
4pm



17:00h  
5pm

18:00h  
6pm

19:00h  
7pm

### Congress Exclusive Dinner Boat Tour

Sightseeing,  
good food and good company  
18:30h-21:00h | 6.30pm-9pm | 150 min  
75 € p.P. incl. Food & Drinks



20:00h  
8pm

### Public Masterclass: AT meets Violin

19:30-21:00 | 7.30pm-9pm | 90 min  
Erik Bendix (Senior AT Teacher) & Noah Bendix-Balgley  
(1st Concertmaster Berliner Philharmoniker)



21:00h  
9pm



# Friday, 26 August 2022

07:00h 7am	<b>Morning Activities</b> 7:00h-8:00h   7am-8am   60 min 		<b>Work Exchange and Individual Lessons</b> 9:00h-20:00h 9am-8pm 11 hrs 
08:00h 8am	<b>Breakfast</b> 8:00h - 9:00h   8am-9am   60 min 		
09:00h 9am	<b>Keynote / Plenary Session</b> David Anderson - Exploring the science behind the Alexander Technique 9:00h-10:15h   9am-10.15am   75 min 		
10:00h 10am	<b>Workshops Medium</b> 10:30h-11:45h   10.30am-11.45am   75 min 	<b>Workshops XL</b> 10:30h-13:00h   10.30am-1pm   150 min 	
11:00h 11am			
12:00h 12pm	<b>Workshops Medium</b> 12:00h-13:15h 12pm-1.15pm   75 min 	<b>Workshops Mini   30 min</b> 12:45h-13:15h   12.45pm-1.15pm 	
13:00h 1pm	<b>Lunch Break</b> 13:15h -15:00h   1.15pm-3pm   105 min 		
14:00h 2pm			
15:00h 3pm	<b>Continuous Learning</b> Session 2 - Day 1 15:00h-17:00h   3pm-5pm   120 min 	<b>How-to</b> 15:00h-17:00h   3pm-5pm 120 min 	
16:00h 4pm			
17:00h 5pm	<b>Evening Activities</b> 17:15h-18:15h   5.15pm-6.15pm   60min 	<b>Open Space</b> 17:15-18:15h   5.15pm-6.15pm   60 min 	
18:00h 6pm	<b>Dinner Break</b> 18:15h -20:00h   6.15pm-8pm   105 min 	<b>Meet the Authors</b> 18:15h -20:00h   6.15pm-8pm   105 min 	
19:00h 7pm			
20:00h 8pm	<b>Bob's Corner   Joyful Congress Updates &amp; Meet ATCA</b> 20:00-20:45h   8pm-8.45pm   45 min 		
21:00h 9pm	<b>AT Cabaret / Performances</b> Evening Entertainment w/ Wolfgang Weiser 20:45-22:15h   8.45pm-10.15pm   90 min 	<b>AT Movie Night</b> Evening Entertainment 20:45-22:15h   8.45pm-10.45pm   120 min 	<b>Cocktail Bar</b> open from 20:45h   8.45pm 
22:00h 10pm			



# Saturday, 27 August 2022

07:00h  
7am  
08:00h  
8am  
09:00h  
9am  
10:00h  
10am  
11:00h  
11am  
12:00h  
12pm  
13:00h  
1pm  
14:00h  
2pm  
15:00h  
3pm  
16:00h  
4pm  
17:00h  
5pm  
18:00h  
6pm  
19:00h  
7pm  
20:00h  
8pm  
21:00h  
9pm  
22:00h  
10pm

<b>Morning Activities</b> 7:00h-8:00h   7am-8am   60 min 				
<b>Breakfast</b> 8:00h - 9:00h   8am-9am   60 min 				
<b>Continuous Learning</b> Session 2 - Day 2 9:00h-11:00h   9am-11am   120 min 		<b>How-to</b> 9:00h-11:00h   9am-11am 120 min 	<b>Work Exchange and Individual Lessons</b> 9:00h-20:00h 9am-8pm 11 hrs 	
<b>Panel Discussions</b> 11:15h-12:45h   11.15am-12.45pm   90 min 				
<b>Lunch Break</b> 12:45h -14:15h   12.45pm-2.15pm   90 min 				
<b>Workshops Medium</b> 14:15h-15:30h   2.15pm-3.30pm   75 min 		<b>Workshops XL</b> 14:45h-17:15h   2.45pm-5.15pm   150 min		
<b>Workshops Medium</b> 15:45h-17:00h   3.45pm-5.00pm   75 min 		<b>Workshops Mini   30 min</b> 16:30h-17:00h   4.30pm-5.00pm 		
<b>Open Space</b> 11:45-12:45h   11.45am-12.45pm   60 min 				
<b>Evening Activities</b> 18:00h-19:00h   6pm-7pm   60min 		<b>Dinner Break XL</b> 18:00h -20:00h   6pm-pm   120 min		
<b>Dinner Break</b> 19:00h -20:00h   7pm-8pm   60 min 				
<b>Bob's Corner   Joyful Congress Updates &amp; AT Impulses</b> 20:00-20:30h   8pm-8.30pm   30 min 				
<b>The legendary CONGRESS FAREWELL PARTY !!</b> 20.30h-open end   8.30pm-open end with DJ ND 		<b>Cocktail Bar</b> open from 20:30h   8.30pm 		



Sunday, 28 August 2022

07:00h  
7am

**Morning Activities**

7:00h-8:00h | 7am-8am | 60 min



08:00h  
8am

**Breakfast**

8:00h - 9:00h | 8am-9am | 60 min



09:00h  
9am

**Keynote / Plenary Session**

**Storytelling with teachers making AT history | Presenters to be announced**

9:00h-10:30h | 9am-10.30am | 90 min



10:00h  
10am

**Nurturing Our Work**

Coffee Break - Movement - Games - Work Exchange - Book shop

10:30h-11:30h | 10.30am-11.30am | 60 min



11:00h  
11am

**CLOSING CELEBRATION**

Look back & be inspired – with Wolfgang Weiser and friends

11.30h-13:30h | 11.30am-1.30pm | 120 min



12:00h  
12pm

**Goodbye!**

Have a safe journey home

