

Monday, 22 August 2022		
<p>Welcome to The 12th International Congress of the Alexander Technique!</p> <p>August 22nd – August 28th, 2022 TU Berlin</p>		
15:00 h 2:00pm		Congress Check-in AT Games <i>Starting at 15:00h</i> <i>Come Play With Us!</i>
15:15 h 2:45 pm	Guided Tour <i>Venue & Berlin</i> 45min	
16:15 h 4:15 pm	Guided Tour <i>Venue & Berlin</i> 45min	
17:15 h 5:45 pm	Guided Tour <i>Venue & Berlin</i> 45min	
19:00 h 7:00 pm	Opening Night	
21:00 h 9:00 pm	Cocktail Bar	

Tuesday, 23 August 2022				
07:00 h 7:00 am	Morning Activities 1h - 60min			
08:00 h 8:00 am	Breakfast 1h - 60min			
09:00 h 9:00 am	Continuous Learning 2h - 120min	AT How To's 2h - 120min	Work Exchange & Individual Lessons <i>Lichthof "Angel Hall"</i>	
11:00 h 11:00 am	Break 30min			
11:30 h 11:30 am	Keynote / Plenary Session 1,25h - 75min			
12:45 h 12:45 pm	Lunch Break - Medium - 1,75h - 105min	Lunch Break - Large - 2h - 120min		
14:30 h 2:30 pm	Workshops - Medium - 1,25h - 75min	Workshops - Large - 2,5h - 150min		
14:45 h 2:45 pm				
15:45 h 3:45 pm	Break 15min			
16:00 h 4:00 pm	Workshops - Medium - 1,25h - 75min			
17:15 h 5:15 pm	"Open Space" 45min			
18:00 h 7:00 pm	Evening Activities 1h - 60min	Dinner Break - Large - 2h - 120 min		
19:00 h 7:00 pm	Dinner Break - Medium - 1,1h - 60min			
20:00 h 8:00 pm	Bob's Corner Joyful Congress Updates & AT Impulses 30 min			
20:30 h 8:30 pm	Cocktail Bar	Evening Entertainment AT Movie Night 2h - 120min		Entertainment AT Poetry Slam 2h - 120min

Wednesday, 24 August 2022				
07:00 h 7:00 am	Morning Activities 1h - 60min			
08:00 h 8:00 am	Breakfast 1h - 60min			
09:00 h 9:00 am	Keynote / Plenary Session 1,25h - 75min		Work Exchange & Individual Lessons <i>Lichthof "Angel Hall"</i>	
10:15 h 10:15 am	Break 15min			
10:30 h 10:30 am	Workshops -Medium- 1,25h - 75min	Workshops -Large- 2,5h - 150min		
11:45 h 11:45 pm	"Open Space" 1h - 60min			
12:45 h 12:45 pm	Lunch Break -Large- 1,5h - 90min			
13:00 h 1:00 pm		Lunch Break -Medium- 1,15h - 75min		
14:15 h 2:15 pm	"Mini" Workshops 0,5h - 30min			
14:45 h 2:45 pm	Break 15min			
15:00 h 3:00 pm	Continuous Learning 2h - 120min	AT How To's 2h - 120min		
17:00 h 5:00 pm	Break 15min			
17:15 h 5:15 pm	Teatime Conversations <i>Themed Meetups</i> 1.5h - 90min			
18:45 h 6:15 pm	Dinner Break 1,25h - 75min			
20:00 h 8:00 pm	Bob's Corner <i>Joyful Congress Updates & AT Impulses</i> 30min			
20:30 h 8:30 pm	Evening Activities 1h - 60min	Evening Entertainment AT Movie Night 2h - 120min		Entertainment AT Karaoke Night 1.5h - 90min

Thursday, 25 August 2022		
07:00 h 7:00 am	Morning Activities 1h - 60min	
08:00 h 8:00 am	Breakfast 1h - 60min	
09:00 h 9:00 am	AT How To's 2h - 120min	Work Exchange & Individual Lessons <i>Lichthof "Angel Hall"</i>
11:00 h 11:00 am	Break 15min	
11:15 h 11:15 am	Panel Discussions 1,5h - 90min	
12:45 h 12:45 pm	Lunch Break 1,75h - 105min	
14:30 h 2:45 pm	<p style="text-align: center;">PUBLIC EVENTS</p> <p style="text-align: center;">Introductory Lectures, Workshops and Individual Lessons</p> <p style="text-align: center;">We are opening the Congress to the general public and inviting them to get to know and experience the AT</p> <p style="text-align: center;">– organised by a group of local Berlin teachers –</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">PUBLIC MASTERCLASS – AT meets Violin – Erik Bendix (Senior AT Teacher) & Noah Bendix-Balgley (1st Concertmaster Berliner Philharmoniker)</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">CONGRESS WALK & BIKE TOUR through Berlin</p>	
20:45 h 8:45 pm	Cocktail Bar	Evening Entertainment AT Movie Night 2h - 120min
		FREE AFTERNOON Sightseeing and/or Winding Down Evening Congress Boat Ride

Friday, 26 August 2002			
07:00 h 7:00 am	Morning Activities 1h - 60min		
08:00 h 8:00 am	Breakfast 1h - 60min		
09:00 h 9:00 am	Keynote / Plenary Session 1,25h - 75min		
10:15 h 11:00 am	Break 15min		
10:30 h 10:30 am	Workshops <i>-Large-</i> 2,5h - 150min	Workshops <i>-Medium-</i> 1,25h - 75min	
11:45 h 11:45 pm		Break 15min	
12:00 h 12:00 pm		Workshops <i>-Medium-</i> 1,25h - 75min	
13:00 h 1:00 pm	Lunch Break <i>-Large-</i> 2h - 120min		
13:15 h 1:15 pm		Lunch Break <i>-Medium-</i> 1,75h - 105min	
15:00 h 3:00 pm	Continuous Learning 2h - 120min	AT How To's 2h - 120min	
17:00 h 5:00 pm	Break 15min		
17:15 h 5:15 pm	Evening Activities 1h - 60min		
18:15 h 6:00 pm	Dinner Break 1,75h - 105min	Meet the Authors 1,75h - 105min	
20:00 h 8:00 pm	Bob's Corner Joyful Congress Updates & MEET ATCA 45min		
20:45 h 8:45 pm	Cocktail Bar	Evening Entertainment AT Cabaret with Wolfgang Weiser 2h - 120min	Evening Entertainment Learn to Dance 2h - 120min

Work Exchange
&
Individual Lessons

Lichthof
"Angel Hall"

Saturday, 27 August 2022		
07:00 h 7:00 am	Morning Activities 1h - 60min	
08:00 h 8:00 am	Breakfast 1h - 60min	
09:00 h 9:00 am	Continuous Learning 2h - 120min	AT How To's 2h - 120min
11:00 h 11:00 am	Break 15min	
11:15 h 11:15 am	Panel Discussions 1,5h - 90min	
12:45 h 12:45 pm	Lunch Break 1,5h - 90min	Work Exchange & Individual Lessons <i>Lichthof "Angel Hall"</i>
14:15 h 2:15 pm	Workshops -Medium- 1,25h - 75min	
14:30 h 3:30 pm	Workshops -Large- 2,5h - 150min	
15:30 h 3:30 pm		
15:45 h 3:45 pm	Workshops -Medium- 1,25h - 75min	
17:00 h 5:00 pm	"Open Space" 60min	
18:00 h 7:00 pm	Evening Activities 1h - 60min	Dinner Break -Large- 1,5h - 90min
19:00 h 7:00 pm	Dinner Break -Medium- 1h - 60min	
20:00 h 8:00 pm	Bob's Corner <i>Joyful Congress Updates & AT Impulses</i> 30 min	
20:30 h 8:30 pm	The legendary CONGRESS FAREWELL PARTY!!	

Sunday, 28 August 2022	
07:00 h 7:00 am	Morning Activities 1h - 60min
08:00 h 8:00 am	<i>Breakfast</i> 1h - 60min
09:00 h 9:00 am	Keynote / Plenary Session 1,25h - 75min
10:15 h 10:15 am	<i>Break</i> 30min
10:45 h 10:45 am	Collective Activity and Movement <i>Guided Games and Exchange for the entire Congress</i> 45min
11:30 h 11:30 am	Closing Celebration
13:00 h 1:00 pm	<p style="text-align: center;">Goodbye!</p> <p style="text-align: center;"><i>Have a safe journey home!</i></p>