

NOW



Nurturing Our Work

12th 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



AT Congress 2022 - NOW Timetable



Tuesday, 23 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	Continuous Learning Session 1 - Day 1 9:00h-11:00h 9am-11am 120 min 	How-to 9:00h-11:00h 9am-11am 120 min 	
10:00h 10am	Work Exchange and Individual Lessons 9:00h-20:00h 9am-8pm 11 hrs 		
11:00h 11am			
12:00h 12pm	Keynote / Plenary Session Dr. Philip Bull - Hypermobility and the Alexander Technique 11:30h-12:45h 11.30am-12.45pm 75 min 		
13:00h 1pm	Lunch Break 12:45h -14:30h 12.45pm-2.30pm 105 min 	Hypermobility & AT Follow-Up Panel 13.30h-14.15h 1.30-2.15pm 45min 	
14:00h 2pm	Workshops Medium 14:30h-15:45h 2.30pm-3.45pm 75 min 		
15:00h 3pm	Workshops XL 14:45h-17:15h 2.45pm-5.15pm 150 min 		
16:00h 4pm	Workshops Medium 16:00h-17:15h 4pm-5.15pm 75 min 		
17:00h 5pm	Workshops Mini 30 min 16:45h-17:15h 4.45pm-5.15pm 		
17:00h 5pm	Open Space 17:15-18:00h 5.15pm-6pm 45 min 		
18:00h 6pm	Evening Activities 18:00h-19:00h 6pm-7pm 60min 	Dinner Break XL 18:00h -20:00h 6pm-8pm 120 min 	
19:00h 7pm	Dinner Break 19:00h -20:00h 7pm-8pm 60 min 		
20:00h 8pm	Bob's Corner Joyful Congress Updates & AT Impulses 20:00-20:30h 8pm-8.30pm 30 min 		
21:00h 9pm	AT Poetry Slam Evening Entertainment 20:30-22:00h 8.30pm-10pm 90 min 	AT Movie Night Evening Entertainment 20:30-22:00h 8.30pm-10pm 90 min 	Cocktail Bar open from 20:30h 8.30pm

AT Congress 2022 - NOW Timetable



Wednesday, 24 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

Rachael Sullivan - Marketing the Alexander Technique

9:00h-10:15h | 9am-10.15am | 75 min



10:00h
10am

Workshops Medium

10:30h-11:45h | 10.30am-11.45am | 75 min



Workshops XL

10:30h-13:00h | 10.30am-1pm | 150 min



11:00h
11am

Open Space

11:45-12:45h | 11.45am-12.45pm | 60 min



12:00h
12pm

Lunch Break

12:45h -14:15h | 12.45pm-2.15pm | 90 min



13:00h
1pm

Workshops Mini | 30 min

14:15h-14:45h | 2.15pm-2.45pm



14:00h
2pm

Continuous Learning

Session 1 - Day 2

15:00h-17:00h | 3pm-5pm | 120 min



16:00h
4pm

How-to

15:00h-17:00h | 3pm-5pm

120 min



17:00h
5pm

Teatime Conversations

Themed Meetups

17:15h-18:45h | 5.15pm-6.45pm | 90 min



18:00h
6pm

Dinner Break

18:45h -20:00h | 6.45pm-8pm | 75 min



19:00h
7pm

Bob's Corner | Joyful Congress Updates & AT Impulses

20:00-20:30h | 8pm-8.30pm | 30 min



20:00h
8pm

Evening Activities

20:30h-21:30h | 8.30pm-9.30pm
60min



21:00h
9pm

AT Karaoke Night

Evening Entertainment

20:30-22:00h | 8.30pm-1upm
| 90 min



AT Movie Night

Evening Entertainment

20:30-22:00h | 8.30pm-10pm
| 90 min



Cocktail Bar

open from
20:30h | 8.30pm



Work Exchange and Individual Lessons

9:00h-20:00h
9am-8pm
11 hrs





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



10:00h
10am

11:00h
11am

Panel Discussions

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



12:00h
12pm

Lunch Break

12:45h -14:30h | 12.45pm-2.30pm | 105 min



14:00h
2pm

Workshops for the Public

and Individual Lessons

14:30-18:00 | 2.30pm-6pm



16:00h
4pm

We are opening the Congress to the general public and inviting them to get to know and experience the AT – organised by a group of local Berlin teachers



17:00h
5pm

Congress Walk or Bike Tour

we stroll through Berlin and do Flashmobs in front of major sights



18:00h
6pm

19:00h
7pm

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)



20:00h
8pm

Cocktail Bar

open from 20:30h | 8.30pm



21:00h
9pm

Work Exchange and Individual Lessons

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



FREE AFTERNOON and Evening
Enjoy Berlin!

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



AT Congress 2022 - NOW Timetable



Friday, 26 August 2022

07:00h 7am	Morning Activities 7:00h-8:00h 7am-8am 60 min 		Work Exchange and Individual Lessons 9:00h-20:00h 9am-8pm 11 hrs
08:00h 8am	Breakfast 8:00h - 9:00h 8am-9am 60 min 		
09:00h 9am	Keynote / Plenary Session David Anderson - Exploring the science behind the Alexander Technique 9:00h-10:15h 9am-10.15am 75 min 		
10:00h 10am			
11:00h 11am	Workshops Medium 10:30h-11:45h 10.30am-11.45am 75 min 	Workshops XL 10:30h-13:00h 10.30am-1pm 150 min 	
	Workshops Medium 12:00h-13:15h 12pm-1.15pm 75 min 		
12:00h 12pm			
	Workshops Mini 30 min 16:45h-17:15h 4.45pm-5.15pm 		
13:00h 1pm	Lunch Break 13:15h -15:00h 1.15pm-3pm 105 min 		
14:00h 2pm			
15:00h 3pm	Continuous Learning Session 2 - Day 1 15:00h-17:00h 3pm-5pm 120 min 	How-to 15:00h-17:00h 3pm-5pm 120 min 	
	16:00h 4pm		
17:00h 5pm	Evening Activities 17:15h-18:15h 5.15pm-6.15pm 60min 	Open Space 17:15-18:15h 5.15pm-6.15pm 60 min 	
18:00h 6pm	Dinner Break 18:15h -20:00h 6.15pm-8pm 105 min 	Meet the Authors 18:15h -20:00h 6.15pm-8pm 105 min 	
19:00h 7pm			
20:00h 8pm	Bob's Corner Joyful Congress Updates & Meet ATCA 20:00-20:45h 8pm-8.45pm 45 min 		
21:00h 9pm	AT Cabaret / Performances Evening Entertainment w/ Wolfgang Weiser 20:45-22:45h 8.45pm-10.45pm 120 min 	AT Movie Night Evening Entertainment 20:45-22:15h 8.45pm-10.45pm 120 min 	Cocktail Bar open from 20:45h 8.45pm
	22:00h 10pm		



Saturday, 27 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	Continuous Learning Session 2 - Day 2 9:00h-11:00h 9am-11am 120 min		How-to 9:00h-11:00h 9am-11am 120 min		
10:00h 10am				Work Exchange and Individual Lessons 9:00h-20:00h 9am-8pm 11 hrs 	
11:00h 11am	Panel Discussions 11:15h-12:45h 11.15am-12.45pm 90 min				
12:00h 12pm					
13:00h 1pm	Lunch Break 12:45h -14:15h 12.45pm-2.15pm 90 min				
14:00h 2pm	Workshops Medium 14:15h-15:30h 2.15pm-3.30pm 75 min		Workshops XL 14:45h-17:15h 2.45pm-5.15pm 150 min		
15:00h 3pm					
16:00h 4pm	Workshops Medium 15:45h-17:00h 3.45pm-5.00pm 75 min		Workshops Mini 30 min 16:30h-17:00h 4.30pm-5.00pm		
17:00h 5pm	Open Space 11:45-12:45h 11.45am-12.45pm 60 min				
18:00h 6pm	Evening Activities 18:00h-19:00h 6pm-7pm 60min		Dinner Break XL 18:00h -20:00h 6pm-8pm 120 min		
19:00h 7pm	Dinner Break 19:00h -20:00h 7pm-8pm 60 min				
20:00h 8pm	Bob's Corner Joyful Congress Updates & AT Impulses 20:00-20:30h 8pm-8.30pm 30 min				
21:00h 9pm	The legendary CONGRESS FAREWELL PARTY !! 20.30h-open end 8.30pm-open end with DJ ND			Cocktail Bar open from 20:30h 8.30pm	
22:00h 10pm					



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

