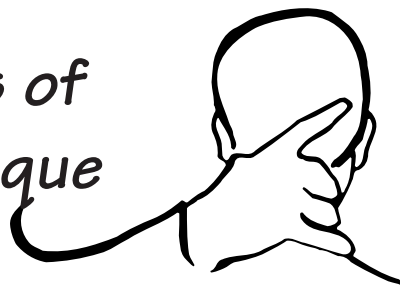


7th International Congress of the F. M. Alexander Technique

16 – 22 August 2004, Oxford, England



www.atcongress.net

Dear Congress Participant,

Please find enclosed your Congress programme and selection forms.

During the Congress you can participate in one workshop / discussion group / lecture in the morning and one in the afternoon: for the second slot in the morning and the second slot in the afternoon you will automatically be allocated to a work exchange group. If you are allocated a class at 8:45 you will be allocated work-exchange at 10:10. But if you are allocated a class at 10:10 you will be allocated a work-exchange at 8:45. (For details on work-exchange, please see the programme).

Please enter your preferences for workshops in columns A (morning) and B (afternoon), as follows: 1=your first choice, 2=your second choice, etc. Fill in as many as you like. If, however, you only fill in, say, four preferences (1-4) and none are available you will be allocated a class at random.

If you are otherwise engaged, enter choices in only one column. For example, if you want to do work-exchange at 8:45 enter only choices in A2. (This applies particularly to presenters, stall staff, and those participating in rehearsals.*)

Delegates' own presentations (workshops, lectures etc.) may count as a work-exchange. For example, a presenter who is giving a workshop in an A1 slot may attend a workshop in A2. Please circle the presentations you yourself are giving.

Please write your enrolment number and name on each sheet and return them by post or by fax to reach us no later than 30th July. Forms will be processed in enrolment number order. Forms arriving after 30th July will be processed in the order in which they arrive. We cannot accept responsibility for forms lost in the post.

When registering on the first day of the Congress, Monday 16th August, you will be given a list of your allocated workshops and work-exchanges. Should you change your mind you can do so provided there is space available in the workshop you wish to change to. Please see the programme for details.

We regret that the timetable and workshops may change without warning (four workshops were cancelled before the programme went to print). We will try to give as much notice as possible. If a workshop you have chosen is cancelled there will be alternatives available. Changes to the programme before the start of the Congress will be announced on www.atcongress.net. You will also be informed of any changes at registration.

If you have any difficulties with filling out the selection forms please see www.atcongress.net or contact one of us.

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Congress Directors

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* Rehearsals for the opera "Gravity and Light" will take place in the Town Hall on Monday 3-6 pm, Thursday 2-5 pm, Friday 4-6 pm, and in a venue to be confirmed on Wednesday 7-9 pm. Rehearsals for the Soirée Thursday night will take place all day Thursday: rehearsal times will be coordinated by Lee Warren (Lee@sorcery.org.uk). Delegates who are staffing stalls, please note that the stalls are open 4:00 to 5:45 pm Tuesday, Wednesday, Friday, and Saturday, and 10:30 am to 12:00 noon Thursday.