

TUESDAY 17 AUGUST

Surname: _____

Enrolment no. _____

	A1	A2	B1	B2
	8:45 am	10:10 am	2:15 pm	4:15 pm
ES 1	The three "ups" -07		Face to Face -25	Teaching without Touching -60
ES 2		In Thought and Action: outlines of a new field (1 of 3) -06	Working with the Chakras and the AT -79	Golfing with the Alexander Technique -58
ES 4	Working with a Pupil with Parkinson's Disease -112	Varela's Three Gestures of Becoming Aware -18	A.T. as a Tool in Wearing and Playing in Theatre Masks -55	From Reflective Practise to Effective Practise -75
ES 5				Diamond Dart Meridian Sequence -105
ES 6	A New Way of Thinking -74 A Developmental Context for Voicework -68	Talking Hands Workshop -45 Body, Mind, Movement in Relation to Voice Work -44	The Ambush of Fear -62 Body, Mind, Movement in Relation to Voice Work -44 Self-enquiry, Modelling and the Use of the Self -23	Where it all Began: the use of the breath and voice -56 Alexander Technique in Rowing -80
ES 7	Alexander and da Vinci -57		Designing a Life-Changing Course of AT Lessons -108	Enhancing the Teacher-Pupil Relationship -110
ES 8				The Spherologically Impaired -98 (outside, meet here)
ES 13	Congress Office open 8:15-10:00 and 4:00-5:45			
ES 14	All Fingers and Thumbs -53	Variations of a Teacher's Art -65	How to Stop Breathing and Live -20	Standing: Humpty Dumpty or Homo Alexandrensis? -41
ES 15	Video of Work with Teachers in New York -107	Graviceptors in the Spine: Research Support for Touch -02	Teaching People with Parkinsons -92	Thinking, Feeling, Doing -76
East	Walter Carrington	The Generous Voice -08	AT and Education -123	The Feet and the AT -32
North	Work exchange	Work exchange	Work exchange	Work exchange
South	Work exchange	Work exchange	Work exchange	Work exchange
Luncheon	Use of Yourself When Teaching on the Floor-101	Detached Observation -33	Working with the Saddle Horse -83	New Adventures on the Wooden Saddle Horse -04
Mure			A Workshop for Pianists and Others -115	Argentine Tango -21
Music	Decoding Dancerspeak -51	Working with Musicians -64	Assembly Room: Alex. Technique and the Moving Arts -61	Special pool: 4:30-5:45 pm: Using Ourselves in Water -27
		Town Hall: Elisabeth Walker		What did Miss Goldie Understand? -47
Old Law L		Inhibition -30	Speaking of Self -99	
Grove SR	Give Your Directions, Do Nothing -42		How to Become a Directed Dog -AT and Yoga -86	To See from a Quiet Place -95

WEDNESDAY 18 AUGUST

Surname:

Enrolment no.

	A1	A2	B1	B2
	8:45 am	10:10 am	2:15 pm	4:15 pm
ES 1	The Whispered 'Ah' -119	Thought Shepherding in Singing -11	An Open and Shut Case... -96 Click "Refresh"! Fine Tuning of Familiar Procedures -81	Teaching without Touching -60 Let Your Life Flow -Working with the Emotions -66
ES 2	Meditation -118	Our Own Newton: A Methodology for a Personal Science -10	Group Teaching: preparing the receptive field -19	From Reflective Practise to Effective Practise -75
ES 4				Diamond Dart Meridian Sequence -105
ES 5	A New Way of Thinking -74	Golfing with the Alexander Technique -58	The Ambush of Fear -62	Themes and Variations: how we learn to love monkey -26
ES 6	Personality Adaptations and the Alexander Technique -109		Where it all Began: the use of the breath and voice -56	The Alexander Technique as an Art and Science -48
ES 7	The Influence of Footwear on Movement and Poise -31		We Can Believe our Eyes -36	Alexander Technique and Hypermobility -89
ES 8			A Means to Vital Freedom - "The Little School" -106	
ES 12			Alexander's Discoveries and Directions as a Means -46	Video showing
ES 13	<i>Congress Office open 8:15-10:00 and 4:00-5:45</i>			The Spherologically Impaired -98 (outside, meet here)
ES 14	Alexander Technique and Performance -103	All Fingers and Thumbs -53	How to Stop Breathing and Live -20	Do your emotions help or hinder your Alexander progress? -22
ES 15	The Role of the Mitzvah Mechanism in the AT -05	In Thought and Action: outlines of a new field (2 of 3) -06	Thinking, Feeling, Doing -76	A Workshop for Children of all Ages, Part 1 -70
East	Jonathan Cole lecture: Living without Proprioception	Jonathan Cole lecture: Living without Proprioception	So what is the Alexander Technique, anyway? -03	The Future of the Profession -124
North	Walter Carrington		Work exchange	Work exchange
South	Work exchange	Work exchange	Work exchange	Work exchange
Luncheon	Use of Yourself When Teaching on the Floor-101	Detached Observation -33	Basic Directions Revisited -39	The AT in Pregnancy and Childbirth -63
Mure		Working with Musicians -64	Shall we Dance? Social ballroom dance and AT principles -73	Argentine Tango -21
Music	What is Presence on Stage? -78			Special pool: 4:30-5:45 pm: Using Ourselves in Water -27
		Town Hall: Elisabeth Walker		What did Miss Goldie Understand? -47
Old Law L			Working with the Saddle Horse -83	
Grove SR	Give Your Directions, Do Nothing -42		Speaking of Self -99	To See from a Quiet Place -95
Holywell		Alexander's Hidden Aesthetic -49	The Singing Voice - Comparative Listening and Vocal Direction -01	Speaking Shakespeare's Sonnets -34
Music R.				

THURSDAY 19 AUGUST

	A1	8:45 am	A2	10:45 am	No plenum meeting
ES 1		An Open and Shut Case... -96		Teaching without Touching -60	
ES 2		Working with the Chakras and the AT -79		The Art of Breathing -102	
ES 4		Thinking, Feeling, Doing -76		Forward and Up: Back and Up -77	
ES 5		Helpful Hints for Inexperienced Teachers -43		Diamond Dart Meridian Sequence -105	
ES 6		From Reflective Practise to Effective Practise -75		Self-enquiry, Modelling and the Use of the Self -23	
ES 7		The Uncommitted Hand -59		A.T. as a Tool in Wearing and Playing in Theatre Masks -55	
ES 8		From Sole to Soul: a look at walking -87		We Can Believe our Eyes -36	
ES 13		<i>Congress Office open 8:15-10:00</i>		The Spherologically Impaired -98 (outside, meet here)	
ES 14		How to Stop Breathing and Live -20		The Lumbosacral Spine: What Goes Wrong? -14	
ES 15		In Thought and Action: outlines of a new field (3 of 3) -06		Fundamentals of the Shaw Method of Swimming -88	
East		Ee Ah, Eee Aw, I am "Translated" -35		The Impact of Language on your Pupils -69	
North		Work exchange		Work exchange	
South		Work exchange		Work exchange	
Luncheon		Use of Yourself When Teaching on the Floor-101		The AT in Pregnancy and Childbirth -63	
Mure Music		A Workshop for Pianists and Others -115		The Use of the Self in Music-making, Especially Piano -29	
FR		Aikido, the Art of Non-Resistance -90		Aikido, the Art of Non-Resistance -90	
Old Law L		Speaking of Self -99		What did Miss Goldie Understand? -47	
Grove SR		Basic Directions Revisited -39		Give Your Directions, Do Nothing -42	
Assembly Room				Alexander Technique and the Moving Arts -61	

FRIDAY 20 AUGUST

Surname: _____

Enrolment no. _____

	8:45 am	10:10 am	2:15 pm	4:15 pm
ES 1	A1 Alexander's 'Directions' as a replication of Growth -104	A2 The three "ups" -07	B1 Meet Joan and Jackie Evans Teaching the AT in the 21st Century -24	B2 Meet Joan and Jackie Evans Click "Refresh"! Fine Tuning of Familiar Procedures -81
ES 2	Meditation -118	A. T. and the Spiritual Path -114	Go to I Do Not Know Where and Bring Back I Do Not Know -72	A Workshop for Children of all Ages, Part 2 -71
ES 4	Conceptualisation as an Essential Source of Habit Patterns -17	Tailoring the ITM lesson -120	Helpful Hints for Inexperienced Teachers -43	Working with Performers -82
ES 5	Talking Hands Workshop -45	A New Way of Thinking -74	Themes and Variations: how we learn to love monkey -26	Where it all Began: the use of the breath and voice -56
ES 6	Personality Adaptations and the Alexander Technique -109	The Art of Teaching Performers -100	The Uncommitted Hand -59	Playful Procedures -97
ES 7	Creating a Support Group of Teachers -111	Transforming Judgment into Connection -28	We Can Believe our Eyes -36	A lesson in the AT -40
ES 8	Many Facets of Self -113		Alexander's Discoveries and Directions as a Means -46	Video showing
ES 12				
ES 13	Congress Office open 8:15-10:00 and 4:00-5:45			
ES 14	Variations of a Teacher's Art -65	All Fingers and Thumbs -53	Alexander Teachers and Pain: exploration of a paradox -85	Bring your Back to the Party/Bring your Voice -50
ES 15	Graviceptors in the Spine: Research Support for Touch -02	To Teach the School Teacher - presentation of a project -16	Forward and Up: Back and Up -77	The AT and Movement Disorders -13
East	Walter Carrington		Eyesight, Vision and the Alexander Principle -52	Teaching Paradigms -37
North	Work exchange	Work exchange	Work exchange	Work exchange
South	Work exchange	Work exchange	Work exchange	Work exchange
Luncheon	Use of Yourself When Teaching on the Floor-101	Detached Observation -33	Basic Directions Revisited -39	New Adventures on the Wooden Saddle Horse -04
Mure			The Use of the Self in Music-making, Especially Piano -29	Argentine Tango -21
Music	Decoding Dancerspeak -51	Working with Musicians -64		
Town Hall				
Old Law L	The Support System -126	Inhibition -30	Working with the Saddle Horse -83	To See from a Quiet Place -95
Grove SR			Speaking of Self -99	How to Become a Directed Dog -AT and Yoga -86
Holywell			The Singing Voice - Comparative	Speaking Shakespeare's Sonnets -34
Music R.			Listening and Vocal Direction -01	

SATURDAY 21 AUGUST

	A1	A2	B1	B2
	8:45 am	10:10 am	2:15 pm	4:15 pm
ES 1	Thought Shepherding in Singing - 11	The Whispered 'Ah' -119	Teaching without Touching -60	Feet - The Final Frontier -91
ES 2	Golfing with the Alexander Technique -58	A. T. and the Spiritual Path - 114	Let Your Life Flow -Working with the Emotions -66	The Art of Breathing -102
ES 4	Working with a Pupil with Parkinson's Disease -112	Means and Principles in the Alexander Technique -121	Group Teaching: preparing the receptive field -19	Fundamentals of the Shaw Method of Swimming -88
ES 5	The Role of a Journal for the Alexander Community -116	A New Way of Thinking -74	The Ambush of Fear -62	Designing a Life-Changing Course of AT Lessons -108
ES 6	The Art of Teaching Performers - 100	A Developmental Context for Voicework -68	Where it all Began: the use of the breath and voice -56	A lesson in the AT -40
ES 7	Transforming Judgment into Connection -28	Tight Rope Walking -122	We Can Believe our Eyes -36	Alexander Technique in Rowing - 80
ES 8	Many Facets of Self -113	Performing the AT -15	How to Stop Breathing and Live - 20	Alexander Technique and Hypermobility -89
ES 13	<i>Congress Office open 8:15-10:00 and 4:00-5:45</i>			
ES 14	Varela's Three Gestures of Becoming Aware -18		Competency-based Training and Accreditation -117	FM's Twinkle: working with a subtle sense of humour -54
ES 15	Tailoring the ITM lesson -120	The Generous Voice -08	Forward and Up: Back and Up -77	The Impact of Language on your Pupils -69
East	FM Alexander Hand Analysis -12	The Little School and Beyond - 09	Eyesight, Vision and the Alexander Principle -52	So what is the Alexander Technique, anyway? -03
North	Work exchange	Work exchange	Work exchange	Work exchange
South	Work exchange	Work exchange	Work exchange	Work exchange
Luncheon Mure	Use of Yourself When Teaching on the Floor-101	Detached Observation-33	Working with the Saddle Horse -83	Playful Procedures -97
Music	What is Presence on Stage? -78	Working with Musicians -64	A Workshop for Pianists and Others -115	Argentine Tango -21
Town Hall		Elisabeth Walker		
Old Law L			To See from a Quiet Place -95	What did Miss Goldie Understand? -47
Grove SR	Inhibition Applied to Storytelling - 94	Give Your Directions, Do Nothing -42	How to Become a Directed Dog - AT and Yoga -86	Alexander Technique and the Moving Arts -61
Assembly Room				

