

ALEXANDER Technique AWARENESS WEEK

Oct. 13-20 2019

Whether this is the first time you hear of the Alexander Technique or whether you've heard of it before but have never had any practical experience, why not come along and have a free introductory lesson during the AT Awareness Week from Oct. 13 to Oct. 20. A practical introduction is the best way to discover the Technique!

WHAT IS THE ALEXANDER TECHNIQUE ?

The Alexander Technique enables us to learn how to induce a better use of ourselves in our every day life as well as in more specialized activities. In doing so we become increasingly aware of the patterns underlying our reactions and our movements.

When time, we learn how to start an activity or meet a situation in a state of greater receptivity, which in turn will allow us to more easily welcome the changes which are necessary for our improvement and well-being.

Guided by the hands of the teacher, we learn how to be more effi-



cient whilst making less effort, how to better coordinate and balance the whole body and how to discover more appropriate reactions to situations we encounter.

A WEEK TO DISCOVER THE ALEXANDER TECHNIQUE

AEFMAT, the Belgian association of Alexander Technique Teachers has organised the "Alexander Technique Awareness Week" for more

than ten years. During the week we are offering free introductory lessons, workshops and conferences at the **Alexander Awareness Day, on Oct. 13** this year in **Antwerp**, and in individual teacher's practices around the country.

All teachers that are qualified by AEFMAT have followed a minimum three years training with at least 1600 hours of practice.

PROGRAMME

ANTWERP

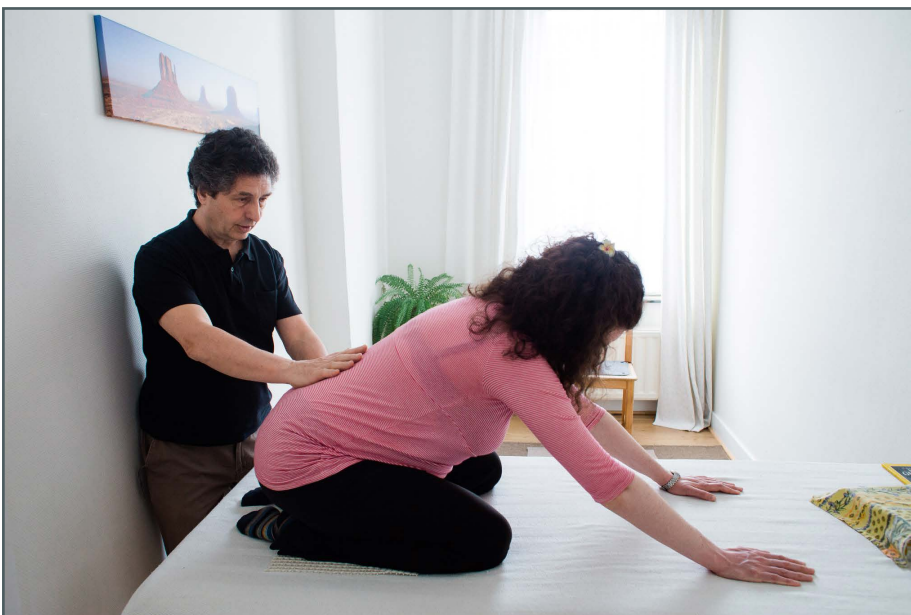
AT AWARENESS DAY 2019

Free introductory lessons and conferences

Oct. 13 between 2pm. and 6pm.

Het Werkhuys
Zegelstraat, 1
2140 Anvers

www.werkhuys.be



Marc PIJPOPS

Free introductory lessons

From Oct. 14 to Oct.18.

Reservation required

Korte van Ruusbroecstraat, 40

2018 Antwerp

0497 46 59 26

info@atantwerpen.be

www.atantwerpen.be

Peter DE VOS

Free introductory lessons

Oct. 9 and Oct. 10

NL/FR/UK

Reservation required

Workshop : "Conscious Running" in the park 'Den Brandt'

Oct. 13 : 10am. - 12am.

Edgard Casteleinstraat 7

2020 Antwerp

0485 52 89 54

peterdevos@theconsciousbody.be

www.theconsciousbody.be

BRUSSELS

Katri-Mari RUONALA

Free introductory lessons - 30 min

Oct. 15 and Oct. 17

10am. - 6pm.

Come alone or with a friend

EN/FR /FI

Reservation required

0473 12 90 08

kruonala@hotmail.com

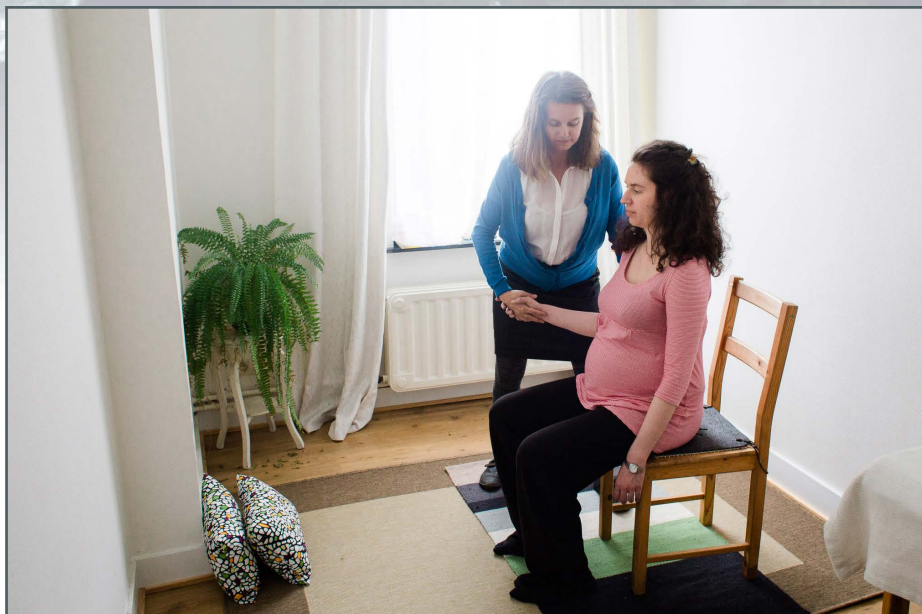
44, Avenue de l'Émeraude

1030 Brussels

Athanase VETTAS

Free introductory conferences

In English : Oct. 14



from 8.30pm. to 10.00pm.

In French : Oct. 15

from 8.30pm. to 10pm.

Reservation required

Free introductory lessons

From Oct. 13 to Oct. 18

Reservation required

Rue Solleveld 53 – 1st floor

1200 Brussels

0477 29 10 53 (between 8pm.
and 9pm.)

athvettas@gmail.com

www.alexandertechnique.be

BodySoul SCHOOL

Open day at BodySoul School

Welcome to the BodySoul School
if you are interested in the Alex-
ander Technique and in training to
become a teacher.

Oct. 17 - from 9.30am. to 1.30pm.

Avenue Ernestine, 2b

1050 Ixelles

Michèle Desonai (head of training)
+32 (0)486 17 63 04

Martin MICHIELS

Free introductory lessons

Oct. 14 and Oct. 15 in Ixelles

Oct. 15, 18 in Rixensart

Oct. 17 in Waterloo (Coram ASBL)

Reservation required

0479 33 56 37

martin.michiels@gmail.com

thinkup.be

Monica GOICEA

Free introductory lessons

Oct. 16, 17, 18

Reservation required

Rue de l'étoile

1620 Drogenbos

0473113024

monica.goicea@gmail.com

