

2024 Annual Conference And General Meeting



ACGM

Salt Lake City

July 10-14th

2024

LETTING THE WORK DEVELOP

*Nurturing Growth in the
Alexander Technique Community*

Annual General Meeting

Attendees Convocation

50 Workshops

3 Sunrise Activities

Private Lessons

Small Group Study

Special Trainee Session



American Society for the
Alexander Technique

Mindfulness in Action



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Mindfulness in Action

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SCHEDULE AT A GLANCE

PRE-ACGM

Wednesday, July 10, 2024

2:00pm - 3:30pm - Session 1

4:00pm - 5:30pm - Session 2

Thursday, July 11, 2024

9:00am - 10:30am - Session 1

11:00am - 12:30pm - Session 2

2:00pm - 3:30pm - Session 3

4:00pm - 5:30pm - Session 4

ACGM

5:30pm - 7:00pm - Opening Reception

7:00pm - 8:00pm - Keynote Speech

Friday, July 12, 2024

9:00am - 10:30am - Session 1

11:00am - 12:30pm - Session 2

2:00pm - 3:30pm - Session 3

4:00pm - 5:30pm - Session 4

5:30pm - 6:30pm - BIPOC Reception

Saturday, July 13, 2024

9:00am - 1:00pm - Annual General Meeting

2:00pm - 4:15pm - Attendees Convocation

5:00pm - 6:30pm - Session 1

7:30 - 10:00 - Evening Gala

Sunday, July 14, 2024

9:00am - 10:30am - Session 1

11:00am - 12:00pm - FM Memorial Address

1:30pm - 3:00pm - Session 2

3:30pm - 5:00pm - Session 3



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SCHEDULE OF EVENTS

Wednesday, July 10, 2024

2:00pm - 3:30pm	Britton Whispered Ah	Vanier / Johnson AT & Development	Miranda Right Hemisphere
4:00pm - 5:30pm	MacDonald Teaching Groups	Bell Theatre	Appleton / Neville Direction

Thursday, July 11, 2024

9:00am - 10:30am	Kilroy / Morin What is the Goal Part 1	First Rise Above It	Brennen / Chin Scoliosis & Back Pain
11:00am - 12:30pm	Kilroy / Morin What is the Goal Part 2	Cetinkaya Accessible Language	Marsden / Caulder Dart Procedures
12:30pm - 2:00pm	Lunch		
2:00pm - 3:30pm	Klein / Rootberg Exchanging with Colleagues	James Physicality & Emotions	Stern Back Pain
4:00pm - 5:30pm	Balk Run For Your Life	Howard Developmental Movement	Applonie Conducting
5:30pm - 7:00pm	Opening Reception		
7:00pm - 8:00pm	Keynote Speech Nanette Walsh, Ariel Carson & Lori Schiff Riverside Initiative for the Alexander Technique		



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Friday, July 12, 2024

9:00am - 10:30am	Collaborating8 The Spiral of Learning I	Taylor / Newitter Crafting your Customer / Student Journey I	Dennis Optimum Posturality	Lister BayAreaAT
11:00am - 12:30pm	Collaborating8 The Spiral of Learning II	Taylor / Newitter Crafting your Customer / Student Journey II	Sokolsky Group Teaching	Bendix Murrays
12:30pm - 2:00pm	Lunch			
2:00pm - 3:30pm	FFI Antagonistic Action I	Walsh / Carson Bridging Generations	Bendix Ease on Skis	MacDonald Adjunct Faculty Discussion
4:00pm - 5:30pm	FFI Antagonistic Action II	Schoger Touch, Consent And Boundaries	TBD	MacDonald Author Discussion
	BIPOC Reception			

Saturday, July 13, 2024

9:00am - 1:00pm	Annual General Meeting			
1:00pm - 2:00pm	Lunch			
2:00pm - 4:15pm	Attendees Convocation			
5:00pm - 6:30pm	Collaborating8 Spirals of Learning	Howard A Modern Approach To HOBC	Britton Whispered Ah	Vanier / Johnson Intro to AT
7:30pm - 10:00pm	Fundraiser / Gala			



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Sunday, July 14, 2024

9:00am - 10:30am	Bronec Supporting with the Arms	Taylor Wall Work for Actors	Carson Safe Enough	Miranda Right Hemisphere
11:00am - 12:00pm	FM Memorial Address By Alice Olsher			
12:00pm - 1:30pm	Lunch			
1:30pm - 3:00pm	Appleton / Neville 4 Alexander Techniques	Howard Teaching Styles And Lineages	Brennan How to Write	De Silva Voice
3:30pm - 5:00pm	TBD	TBD	Brennan How to Explain AT	Vaccaro AT Intro for Public

Other Events

Thursday 12:30pm - 3:30pm	Training Directors Lunch
Friday 1:00pm - 2:00pm	Movie Screening: Ease on Skis
Friday 12:30pm - 2:00pm	Milestone Meal
Saturday 9:00am - 12:00pm	Special Trainee Session



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Rates & Lodging

Registration Fees

Pre-ACGM Early Bird Registration:

AmSAT/ATAS Member \$225 (\$275 after June 1st)

AmSAT Trainee/Early Teacher Member (1-5 years of teaching)
\$125 (\$175 after June 1st)

Non-Member Teacher \$325 (\$375 after June 1st)

ACGM General Conference Early Bird Registration:

AmSAT/ATAS Member \$325 (\$375 after June 1st)

AmSAT Trainee/Early Teacher Member (1-5 years of teaching)
\$150 (\$200 after June 1st)

Non-Member Teacher \$475 (\$525 after June 1st)

Lodging

On-site Dorm Accommodations are available for **\$60/night** from Tuesday night (7/9) through Sunday night (7/14). Rooms are in four (4) and eight (8) bedroom suites with shared bathrooms. (4-bedroom suites have two bathrooms and 8-bedroom bathrooms have four bathrooms)



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Schedule of Events



We will explore the idea that teachers should aim to leave their students with more than just temporary relief or experiential benefits; rather, students ought to come away from even a short experience of the AT with lasting and permanent knowledge. The goal of the AT lesson is not to create a dependent student who must return to the teacher, but rather someone who has, through the lessons, learned the means to help themselves.





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