

# 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

46 Workshops

2 Daily Sunrise Activities

Private Lessons

Small Group Study

Special Trainee Session



American Society for the  
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Mindfulness in Action



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# 2024 Annual Conference And General Meeting

*SCHEDULE AT A GLANCE*

PRE-ACGM

## Wednesday, July 10, 2024

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

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

## Thursday, July 11, 2024

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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

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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

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**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

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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	<b>Robert Britton</b> Expansive Whispered Ah	<b>Luc Vanier &amp; Elizabeth Johnson</b> Development and the Alexander Technique	<b>Christopher Neville</b> An Elaboration of Direction: John Appleton and Posture Release Imagery
4:00pm - 5:30pm	<b>Amanda MacDonald</b> Group Teaching: Building a Robust Lesson Plan	<b>Jacque Bell</b> Alexander Technique as a foundation for teaching movement/theater	<b>Christopher Neville</b> 4 Alexander Techniques: John Appleton's Type-Specific Imagery

### Thursday, July 11, 2024

9:00am - 10:30am	<b>Elinore Morin &amp; Ruth Kilroy</b> What is the Goal of an Alexander Technique Lesson? Part 1	<b>Lisa First</b> Rise above it: your best integrated self	<b>Richard Brennan &amp; Kecia Chin</b> How to Help those with Scoliosis Awareness and Back Pain
11:00am - 12:30pm	<b>Elinore Morin &amp; Ruth Kilroy</b> What is the Goal of an Alexander Technique Lesson? Part 2	<b>Chloe Nagle Cetinkaya</b> Finding Accessible Language: Exploring the Words We Use and Embody	<b>Frances Marsden &amp; Julia Caulder</b> Understanding the Alexander Technique through an exploration of the Dart Procedures
12:30pm - 2:00pm	<b>Lunch</b>		
2:00pm - 3:30pm	<b>Lyn Klein and Ruth Rootberg</b> Exchanging with Colleagues: Making it Safe and Super	<b>Jameson James</b> AT and physicality related to emotions	<b>Judith Stern</b> An Experienced "Alexander" Approach to Back Pain
4:00pm - 5:30pm	<b>Malcom Balk</b> Run For Your Life	<b>Wes Howard</b> Free up your Primary Control with Developmental Movement	<b>Christopher Neville</b> AT foundations of Argentine Tango
5:30pm - 7:00pm	<b>Opening Reception</b>		
7:00pm - 8:00pm	<b>Keynote Speech</b> Nanette Walsh, Ariel Carson & Lori Schiff Riverside Initiative for the Alexander Technique		



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### Friday, July 12, 2024

9:00am - 10:30am	<b>Collaborating 8</b> The Spiral Of Learning Growth Through Themes and Variations I	<b>Eleanor Taylor &amp; Lindsay Newitter</b> Crafting your Customer - Student Journey I	<b>Ron Dennis</b> Three Essential Coordinations for Optimal Posturality	<b>Jonathan Salzedo</b> The first AmSAT regional chapter
11:00am - 12:30pm	<b>Collaborating 8</b> The Spiral Of Learning Growth Through Themes and Variations II	<b>Eleanor Taylor &amp; Lindsay Newitter</b> Crafting your Customer - Student Journey II	<b>Mara Sokolsky</b> Skills and Ideas for Group Teaching	<b>Erik Bendix</b> The Legacy of Raymond Dart and the Murrays
12:30pm - 2:00pm	<b>Lunch</b>			
2:00pm - 3:30pm	<b>Luc Vanier &amp; Elizabeth Johnson</b> Antagonistic Action and the Double-Spiral I	<b>Nanette Walsh &amp; Ariel Carson</b> Bridging Generations	<b>Erik Bendix</b> Ease on Skis	<b>Amanda MacDonald</b> Adjunct Faculty Roundtable
4:00pm - 5:30pm	<b>Luc Vanier &amp; Elizabeth Johnson</b> Antagonistic Action and the Double-Spiral II	<b>Kelley Schoger</b> Touch, Consent, and Boundaries.	<b>Lisa First</b> Alexander Technique and Mobility aids	<b>Amanda MacDonald</b> Panel Discussion: Writing about the Alexander Technique
	<b>BIPOC Reception</b>			

### Saturday, July 13, 2024

9:00am - 1:00pm	<b>Annual General Meeting</b>			
1:00pm - 2:00pm	<b>Lunch</b>			
2:00pm - 4:15pm	<b>Attendees Convocation</b>			
5:00pm - 6:30pm	<b>Collaborating8</b> The Spiral Of Learning Growth Through Themes and Variations	<b>Wes Howard</b> A Modern Approach to Hands On the Back of the Chair Procedure	<b>Robert Britton</b> Expansive Whispered Ah	<b>Luc Vanier &amp; Elizabeth Johnson</b> Introduction to AT A Public Workshop
7:30pm - 10:00pm	<b>Fundraiser / Gala</b>			



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### Sunday, July 14, 2024

9:00am - 10:30am	<b>Rose Bronec</b> Supporting with the Arms: From Baby to Adult (Virtual)	<b>Eleanor Taylor</b> Wall Work for Actors: Embodied Exploration in Developing a Character	<b>Ariel Carson</b> Safe Enough to Grow
11:00am - 12:00pm	<b>FM Memorial Address</b> By Alice Olsher		
12:00pm - 1:30pm	<b>Lunch</b>		
1:30pm - 3:00pm	<b>Wes Howard</b> Let's talk about Alexander Teaching Styles and Lineages	<b>Richard Brennan</b> Alexander Technique & How to write about the technique (articles, books, websites)	<b>Marisa De Silva</b> The Alexander Technique and the Voice
3:30pm - 5:00pm	<b>Dawn Karlovsky</b> Exploring Movement Patterning: Integrating Concepts from the Alexander Technique and Bartenieff Fundamentals	<b>Richard Brennan</b> How to explain the Alexander Technique clearly and simply in a few minutes	

### Other Events

Daily 7:00- 8:00AM	<b>Morning Activities:</b> Morning Run with Malcom Balk
Daily 7:30- 8:30AM	<b>Morning Activities:</b> Mindful Morning Walk, Gentle Yoga, and Meditation with Kecia Chin
Friday 2:00pm - 3:30pm	<b>Safe Boundaries in the Exchange Room</b> Ruth Rootberg and Lyn Klein Lyn Klein & Ruth Rootberg
Thursday 12:30pm - 3:30pm	<b>Training Directors Lunch</b>
Friday 1:00pm - 2:00pm	<b>Movie Screening: Ease on Skis</b>
Friday 12:30pm - 2:00pm	<b>Milestone Meal</b>
Saturday 9:00am - 12:00pm	<b>Special Trainee Session</b>