

CONNECT!

ALEXANDER TECHNIQUE WEEKEND



**6-8
SEPTEMBER
2019**

ALEXANDER-TECHNIK-SCHULE BERLIN
ALEXANDER-TECHNIK AUSBILDUNG FREIBURG
IN PARTNERSHIP WITH ATELIER24 (NORWAY)
INVITE YOU TO AN EXCITING WEEKEND
IN BRANDENBURG

**DEMOS & WORKSHOPS
STUDENTS & TEACHERS
EXCHANGES & DISCUSSIONS**



Aranka Fortwängler and Jörg Aßhoff invite you to an **ALEXANDER TECHNIQUE WEEKEND** at the Märkische Höfe in Netzeband (Brandenburg) in September 2019. The concept is simple: develop your knowledge and skills by sharing them with your peers (students and teachers). The weekend is an exciting combination of guided activities and free work sessions.

FRIDAY

SATURDAY

SUNDAY

09:30-10:15

AWAKENING (WITH PETRA VON ONDARZA)

Each morning, after breakfast, you are invited to start the day with a guided lying-down session.

10:30-12:30

FREE ONE-ON-ONE SESSION

Twice a day, before and after lunch, all participants (students and teachers) meet and work together. Each session starts with a short welcome introduction by a senior teacher.

12:30-14:00

LUNCHTIME

14:00-15:30

FREE ONE-ON-ONE SESSION

15:45-17:00

2 WORKSHOPS FOR TRAINEES

Each workshop will address a specific topic (*) and give the trainees the opportunity to work under the guidance of different teachers.

2 WORKSHOPS FOR TEACHERS

While working with one another, participants are invited to share their views on a preselected topic (**).

17:45-18:30

DISCUSSIONS

Every day we'll close the activities with a group discussion. A moderator will help the participants elaborate on a topic chosen from the questions raised by the participants.

(*) TOPICS FOR TRAINEES:

- EMPTY HANDS, EMPTY MIND
- PROCEDURES, HOW & WHY

() TOPICS FOR TEACHERS:**

- TO CHANGE OR NOT TO CHANGE (YOUR STUDENT)
- HANDS-ON, WORK IN GROUPS OF 3



DIE MÄRKISCHE HÖFE

120 KILOMETERS FROM CENTRAL BERLIN, THE MÄRKISCHE HÖFE FEATURES CELESTIAL TRANQUILLITY, NATURE AS FAR AS THE EYE CAN SEE, TYPICALLY SOUTH TYROLEAN FRIENDLINESS AND HOSPITALITY. PARTICIPANTS WILL ENJOY TOTAL RELAXATION AT THIS BEAUTIFUL VENUE RUN BY THE LOVELY UNTERSTEINER FAMILY.

ARRIVAL / DEPARTURE

The weekend will begin on Friday the 6th of September at 12:30 with the opening lunch and will end on Sunday the 8th of September after the farewell lunch.

The Märkische Höfe can easily be reached by train from Central Berlin. Netzeband station is only 400 meters away and is served by regional train RE06. Parking available on site.

ACCOMMODATION

All participants will be hosted in individual, double or shared twin rooms.

Also on offer is a budget sleeping arrangement in a seminar room (6 mattresses).

All accommodation priced accordingly.

MEALS

All meals are included and served at the venue's Clavis restaurant.

8:00-9:30 – Breakfast buffet

12:30-13:30 – Lunch (main course and a salad)

19:00 – Dinner (3-course menu)

If you have any allergies or specific dietary needs please mention it when you sign up.





THE ORGANIZERS

ALEXANDER-TECHNIK-SCHULE BERLIN

has been operating since 2004. The team consists of five experienced teachers: Jörg Aßhoff, Petra von Ondarza, Uli Bitter, Sibylle Gfellner, Teresa Wiesehöfer.

ALEXANDER-TECHNIK AUSBILDUNG FREIBURG

has been operating since 1989. The team consists of three experienced teachers: Aranka Fortwängler, Hedda Mickausch and Ellen Mroß.

This event is organized in partnership with Atelier24. This school, based in Oslo and run by Thierry Guénin, is operating in both language and movement. Thierry Guénin is a certified Alexander Technique Teacher trained at the Alexander-Technik-Schule Berlin.

PACKAGES

Each package includes 2 nights, 2 breakfasts, 3 lunches and 2 dinners. All activities described in this program are included in each package.

Package price based on accommodation category (limited capacity in each category).

INDIVIDUAL ROOM

(SINGLE OR DOUBLE BED)

> 255 EUROS (*) / 282 EUROS

SHARED ROOM (SINGLE BED IN TWIN ROOM OR SHARED DOUBLE BED)

> 205 EUROS (*) / 227 EUROS

MATTRESS IN SEMINAR ROOM

> 165 EUROS (*) / 184 EUROS

(*) **FOR REGISTRATION**

BEFORE MAY 31

HOW TO REGISTER

30 SPOTS ARE AVAILABLE.

(15 FOR TRAINEES AND 15 FOR TEACHERS)

■ To start the registration process you have to send an email to **connect2019@atelier24.no** with the following information: surname, first name, personal address, phone number, teacher or trainee.

PHOTO CREDITS: © MÄRKISCHE HÖFE,
ALEXANDER-TECHNIK-SCHULE BERLIN,
ALEXANDER-TECHNIK AUSBILDUNG FREIBURG

Information about this event:
connect2019@atelier24.no

sold out

