



10th INTERNATIONAL
ALEXANDER TECHNIQUE
CONGRESS

Limerick, Ireland
9th - 15th August 2015

Empowering Humanity
Inspiring Science

Weekly Schedule

This schedule is subject to change.

Time / Date	Sunday 9 Aug	Monday 10 Aug	Tuesday 11 Aug	Wednesday 12 Aug	Thursday 13 Aug	Friday 14 Aug	Saturday 15 Aug
All Day	Welcome to Limerick, Ireland!	Work Exchange Rooms Open All Day					
07:15 - 08:00		Qi Gong with Barbro Olsson					
07:30 - 09:00		Breakfast					
9:00 - 11:00	09:00 - 17:30 Congress Check-In (Atrium, Main Building) ~	Continuous Learning Session 1		Continuous Learning Session 2		Continuous Learning Session 3	
11:00 - 11:30		Tea/Coffee Break					
11:30 - 12:30	Work Exchange Rooms & Cafe Allegro Open ~	Plenary Session: Jack Stern	Plenary Session: Niall Kelly	Plenary Session: Jack Stern	Plenary Session: Robert Britton	Plenary Session: Galen Cranz	Closing Ceremony with Michael Gelb
12:30 - 14:00	The 'Barstow Tea Party' will take place in the Pavilion, 3 - 4:30pm ~ Bourn Vincent Gallery Open for lying down (mats & books provided, no bags allowed)	Lunch Break					
14:00 - 16:00		Workshops or Work Exchange	Workshops or Work Exchange	Free Afternoon ~ Opportunity for sightseeing or Work Exchange	Public Interview: Rome Earle	Workshops or Work Exchange	Goodbye! ~ Have a safe journey home!
16:00 - 16:30		Tea/Coffee Break			Public Interview: Judith Stransky		
16:30 - 17:30		2 Panel Discussions: 65 years of AT OR Teaching Assessment	Plenary Session: Michael Gelb		Various Panel Discussions	Plenary Session: Ted Dimon	
17:30 - 18:00		Break				Break	
18:00 - 19:00	Welcoming reception	Dinner Break					
19:00 - 19:30	Opening Ceremony with Michael Gelb						
19:30 - 20:00				Panel Discussion: Michael Frederick & Kevan Martin	Gala Dinner & Dance Band		
20:00 - 21:00	Ceol Na Mara in concert	Limerick Competition	Meet the Authors	Mairtin O'Connor in concert			
21:00 - 22:00			Disco	Irish Dancing			

(Updated 21/06/2015)