

AlexanderTechnik SBAT

La Technique Alexander APSTA

## SBAT-FORUM 2019: THE POISE PROJECT

### Alexander Technique for the 21st century

#### Unsere Mission ist

die Unterstützung körperlicher Balance und persönlichen Wachstums in allen Phasen und Herausforderung des Lebens indem wir die Prinzipien der AlexanderTechnik anwenden

#### und

Umsetzung durch Förderung des Berufsstandes, durch Erschaffung von Programmen für spezifische Bevölkerungsgruppen und Branchen und durch Unterstützung der Spitzenforschung auf diesem Gebiet.

#### Wir arbeiten zusammen mit

einem ausgewählten Team von AT-Profis, das sowohl Einzelpersonen, die von AT profitiert haben sowie auch Branchenexperten und Interessierte zusammenbringt.

The Poise Project

Wir freuen uns sehr, **Monika Gross, Belinda Mello und Dr. Anikó Ball** für das diesjährige SBAT-FORUM begrüßen zu dürfen. Seit 2016 entwickeln sie zusammen «The Poise Projekt» erfolgreich und möchten es in der Schweiz vorstellen.

- **Monika Gross** und **Belinda Mello** stellen ihre Initiative **Alexander-Technique FOR PARKINSON** vor und zeigen euch, wie ihr auch hier so etwas aufbauen könnt. Sie vermitteln euch, wie sie mit Parkinson Patienten und dem Pflegepersonal arbeiten.
- **Dr. Anikó Ball**, Zahnärztin und AT-Therapeutin aus Australien, stellt ihr für Zahnärzte entwickeltes Programm "**Optimale Zahnhaltung**" vor. Sie bringt euch bei, wie ihr in diesen Arbeitsbereich einsteigen könnt.

Für die Ausbildung von AT-TherapeutInnen in diesen Bereichen haben sie Instrumente entwickelt, wie z.B.:

- **Richtlinien & Papiere**, damit TherapeutInnen weltweit für den Unterricht geschult werden können und kontinuierliche Unterstützung auf ihrem Weg zur Entwicklung eigener Möglichkeiten erhalten.
- **Wissenschaftliche Forschungsinstrumente**, um Daten für alle unsere Vorhaben in Form von speziellen Programmen und Abläufen bereitzustellen, die getestet und wiederholbar sind.

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### Der 2-tägige Workshop umfasst folgende Themen:

#### Samstag, 14. September - Vormittag:

Alle TeilnehmerInnen: - Einführung in das `Poise Project` und seine Möglichkeiten für AlexanderTechnik-TherapeutInnen in der Schweiz

#### Samstag, 14. September am Nachmittag und Sonntag, 15. September den ganzen Tag:

Die TeilnehmerInnen werden in drei Gruppen eingeteilt. Die Gruppen zirkulieren zwischen:

- Monika Gross - Parkinson-Syndrom
- Belinda Melo - Arbeit mit Gruppen
- Dr. Anikó Ball - Zusammenarbeit mit einem Zahnarzt

Auf diese Weise erhält jede/r TeilnehmerIn die Informationen von jeder Workshop-Moderatorin.

Es wird empfohlen, den gesamten Workshops zu besuchen. Ist dies nicht möglich, kann man auch nur an einem Tag teilnehmen.

<b>WANN</b>	<b>Samstag, 14. September 2019</b> von 10h bis 17.30h (1.5 h Mittagspause) <b>Sonntag, 15. September 2019</b> von 10h bis 17.30h (1.5 h Mittagspause)
<b>ORT</b>	Zwinglihaus, Gundeldingerstrasse 370, 4053 Basel
<b>SPRACHE</b>	Die Workshops werden in Englisch abgehalten
<b>KOSTEN</b>	<b><u>Teilnahme an einem Tag:</u></b> SBAT-Aktivmitglieder: CHF 150 SBAT-Passivmitglieder: CHF 170 Keine Mitglieder: CHF 190 Studierende: CHF 110 <b><u>Teilnahme an beiden Tagen: (wird empfohlen)</u></b> SBAT-Aktivmitglieder: CHF 280 SBAT-Passivmitglieder: CHF 320 Keine Mitglieder: CHF 350 Studierende: CHF 200
<b>FORTBILDUNGSSTUNDEN</b>	<b>6 h</b> für Samstag, <b>6 h</b> für Sonntag
<b>ANMELDUNG</b>	Anmeldung <b>bis spätestens 20. August 2019</b> per E-Mail an: <a href="mailto:info@alexandertechnik.ch">info@alexandertechnik.ch</a> oder per Post an: Karin Reinhard, Geschäftsstelle SBAT In den Kleematten 10, 4105 Biel-Benken <b>Achtung: Alle Anmeldungen sind verbindlich!</b>
<b>BEZAHLUNG</b>	BITTE nur Barbezahlung in Schweizer Franken zu Beginn des Workshops

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**Belinda Mello** is an Alexander Technique senior teacher and movement specialist whose expertise is in communication, presentation, and the performing arts. With nearly 30 years experience in the field, she maintains a NYC studio, AT MOTION. In addition to working with the Poise Project, Belinda co-produces the annual *Freedom to ACT* conference in NYC. She is on faculty at the SITI Conservatory, The Barrow Group, as well as the Alexander Residential Workshops in Spokane, WA. She travels to teach in Phoenix Arizona and to Toronto, Canada for 1550 Productions.

Belinda's Alexander Technique teacher training began at The Alexander Foundation in Philadelphia and included study with the late Marjorie Barstow. She completed post-graduate training in the Carrington approach and continues to study with master teachers, including Dr. William Conable. Belinda is a member of ATI and was an associate member of ACAT. She holds a BA from Hampshire College and an MFA from Brooklyn College/City University of New York where from 2000-2016 Belinda was an adjunct Assistant Professor at Brooklyn College's Theater Department where she taught Alexander Technique, Acting, Movement and Mask. Currently, Belinda is growing AT MOTION to include a team of Alexander Technique teachers who will provide a resource center for actors and other people who make presentations, providing classes, workshops and coaching



**Monika Gross** is the Executive Director and founder of The Poise Project®. She is a senior AT teacher, and has taught postural integrity and performance skills for 35 years. She had her first lesson in 1976 and was certified in 1985, training in New York City with Lydia Yohay. Monika is a teaching member of the American Society for the Alexander Technique (AmSAT) and of Alexander Technique International (ATI), as well as a member of the Southeastern regional AT teacher consortium Alexander Teachers of the Mountain Region (ATMR), and a Registered Somatic Movement Educator with the International Somatic Movement Education and Therapy Association (ISMETA). She holds a Bachelor of Fine Arts degree in Drama from the University of North Carolina School of the Arts, is a member of Actors Equity Association, the Stage Directors and Choreographers Society, and the Dramatists Guild, and she is the artistic director of At-A-Site Theater.

Monika has trained extensively in butoh dance, an avant garde Japanese approach that embodies a process of continuous transformation through conscious imagination. As the leader of The Poise Project's AT for Parkinson's initiative, she has delivered research and educational presentations, and organized AT for Parkinson's exhibition booth teams on convention floors, at the 2016 World Parkinson Congress; the 2018 Pan-American Parkinson's Disease and Movement Disorders Congress; the 2018 American Congress for Rehabilitation Medicine; and the 2017 and 2018 Charlotte NC Integrative Health Summits. Monika has led post-graduate AT teacher trainings in Parkinson's in cities across the US and in London and Dublin. [monika.gross@thepoiseproject.org](mailto:monika.gross@thepoiseproject.org) [www.thepoiseproject.org](http://www.thepoiseproject.org)



**Dr. Anikó Ball** has been practicing as a dentist for over thirty years. Anikó suffered frequently from neck, back and shoulder pain. Doctors and physical therapists offered short-term symptom relief without identifying her condition as work related. After being declared a 'hopeless case', Anikó prayed for help. Fortunately, she found out about the Alexander Technique, had lessons and got well.

After wondering why she had not heard of AT earlier, Anikó realized that the way it is traditionally promoted and taught does not match the learning style of health professionals, an industry specific translation was required.

Anikó trained at the Melbourne Alexander School with the intention of taking AT to the dental profession and save her colleagues from suffering. She founded "Optimum Dental Posture" (a name that speaks to her profession) [www.optimumdentalposture.com](http://www.optimumdentalposture.com) and began presenting about the Inner Ergonomic principles of AT at Australian Dental Conference and Congress events even before graduating as an Alexander teacher.

Anikó has been invited to present and conduct workshops around Australia and New Zealand by local Dental Associations, as part of their CPD courses. She has also presented workshops 'Translating AT for the Dental Profession' at the '15 Limerick and '18 Chicago AT Congress and the '16 Melbourne AUSTAT Conference.

Anikó's mission is to reduce the incidence of occupational musculoskeletal disorders in dentistry and to send a global message of hope for overcoming and preventing chronic pain. She has collaborated in a pilot study, conducted at the Melbourne Dental School, "Improving oral health students' physical and mental wellbeing", to show the benefits of training in the Inner Ergonomics of AT. Anikó's vision is to introduce AT training modules at undergraduate level in dental schools. She has already presented to students and some of the faculty at Melbourne University.