

SBAT-OnlineWorkshop 2022 with Caren Bayer

Spatial Integrity in Movement

Thursday, December 1st, 2022, from 15.00h - 18.30h via Zoom

In this three-hour workshop on zoom with Caren Bayer, we will explore *Spatial Awareness* and how to:

- Think into Volume while moving with multi-dimensional appreciation.
- Activate Oppositional Forces- the dynamic direction living within us.
- Transfer this power to our clients, through the stability and freedom found in the precision of head, neck and back.
- Use Tai Chi and Qigong principles as a compliment to how we apply "hands on" in our work.



Caren Bayer: received her certification in London from *Patrick Macdonald* a former student of *F.M. Alexander* in 1984 and since then, has maintained a private practice in New York City as well as teaching post- graduate workshops for teachers internationally. She was director of Manhattan Center for the Alexander Technique, which certified teachers from 2001-2014, and works currently on the faculty at Riverside Initiative for the Alexander Technique. Caren has taught at Pacific College for Oriental Medicine as well as the New School for Social Research. As a former dancer and longtime student of the martial arts, Caren brings 38 years of movement research with an emphasis on Tai Chi as application for her teaching.

Procedure: The online workshop lasts about 3.5h including breaks. Caren will emphasis the dynamic circularity shared by the Alexander Technique and Tai Chi.

The participants will gain the confidence and precision to gauge and direct their Qi—the inner non-doing force that comes from a stabilized center. Caren guides the participants to rotate around a stable axis, while maintaining the precise directions of the primary control.

We will address the questions of how "hands- on" activates our own alignment, strengthens the relationship of our backs to and from the ground, and in turn, transfers this three-dimensional coordination to our clients.

The course is intended for AT-professionals and students.

WHEN	Thursday, December 1st, 2022 from 15.00h to 18.30h, incl. breaks
WHERE	Online via Zoom
LANGUAGE	The course will be held in English. There will be no simultaneous translation.
COSTS	SBAT Active members: CHF 65.- SBAT Passive members: CHF 85.- Non SBAT members: CHF 100.- Students: CHF 40.- <u>The invoice will be sent online after the course confirmation.</u>
CONTINUING EDUCATION HOURS	3 hours
REGISTRATION	Please register by November 17th, 2022 via link below or link in invitation email, thank you! <u>Participation places are limited</u> , therefore registrations will be considered according to the date of receipt.

The registration is binding. If a cancellation is made less than one week before the start of the course, the entire course fee is owed. A full refund is possible if the maximum number of participants is reached or if a substitute participant is found by the previously registered person.

Please use this link to register: <https://form.jotform.com/210622761281348>