



BAC Virtual Global Alexander Technique Conference

Fall 2025 Schedule

**All times listed are ET*

Saturday October 11th

10:00-11:15am: Making Better Choices Through the Alexander Technique

10:00-11:15am: Ready to Begin - The Alexander Technique Applied to the Ballet or Center Barre

11:30am-12:20pm: PANEL: Alexander Technique and Cerebral Palsy: The Groundbreaking Tool of Light Touch

11:30am-12:45pm: Fundamentals in Flow, Balance & Stability

1:00-2:15pm: Dancing the Visual Systems

1:00-2:15pm: The GAP

2:30-3:45pm: Listening & Presence

4:00-5:15pm: AT and the Violin

4:00-5:15pm: Sound Flow

5:30-5:55pm: AT Lie Down - Daily Mind-Body Reset

5:30pm-6:45pm: Drumming/Seated Instruments Workshop

7:00-7:50pm: PANEL: Teaching the Alexander Technique Across Cultures and Beyond Language

Sunday October 12th

9:00-9:25am: AT Lie Down - Daily Mind-Body Reset

9:00-9:25am: AT Lie Down - Daily Mind-Body Reset in French

10:00-11:15am: AT & Household Activities

10:00-11:15am: The Listening Body: Voice & Presence with the Alexander Technique

11:30-12:45pm: The Art of the Whistle - Finding Ease and Joy Through Sound

11:30am-12:45pm: The Creative Table

1:00-2:15pm: Intention Not Tension - Discovering the Line Between Character and Actor

1:00-2:15pm: Rediscovering Breath with the Alexander Technique

2:30-3:45pm: Unlocking Presence Through Performance

2:30-3:45pm: Resonating with Our Violin & Viola

4:00-5:15pm: Fundamentals in Flow, Balance & Stability

5:30-5:55pm: AT Lie Down - Daily Mind-Body Reset

5:30-5:55pm: AT Lie Down

7:00-7:50pm: Happy Hour Wrap Up

