



July 22-27, 2019
Viterbo University – La Crosse, WI

Humans are designed for movement and expression. The Alexander Technique (AT) is a systematic study of the principles that govern human movement. These principles guide us to a kinesthetic experience of wholeness and lightness— thinking becomes clearer, feelings balanced, sensations livelier, and movement more pleasurable. Through this integrated, more conscious condition, we find our actions strengthened and refined.

The Alexander Technique Residential Workshop at Viterbo is an excellent way to study the technique at whatever level you are. No previous Alexander experience is necessary. New students can begin to build a foundation in AT principles. People who have studied before will find support to clarify and deepen their work. Current Alexander teachers and teacher trainees can work with master teachers in a community setting.

This year, the instructors are Carol Boggs, Martha Hansen Fertman, and Joe Krienke, with Diane Foust as workshop director.

The workshop is held on the beautiful Viterbo University campus in La Crosse, Wisconsin.

Dates and Times

Classes begin at 7 p.m. Monday, July 22. Plan to arrive Monday afternoon to check in, get settled, and eat dinner. The course will conclude at noon on Saturday, July 27. Each person will receive three 20-minute private lessons. Evening activities may be arranged by interest: movie night, walks, discussion groups, city band concert in the park, etc.

Tuition

\$650 per person

\$550 for full-time college and high school students, Viterbo employees and alumni, those taking the course for grad credit, and AT teacher trainees

There is a returnee discount of \$100 for anyone who attended the Viterbo workshop since 2007.

A deposit of \$300 will guarantee a place at the workshop.

Registration deadline is June 24, 2018; full balance is due July 8, 2018.

For cancellations received on or by July 8, deposits/tuition will be refunded minus a \$50 handling fee. After July 8, deposits are not refundable. No refunds will be issued for cancellations less than a week before the workshop.

Typical Daily Schedule

7:00 – 8:30 am	Breakfast on your own
9:00 – 9:30 am	Optional tai chi with Martha Fertman
9:30 – 10:00 am	Walkabouts
10:05 – 10:30 am	Large group (all together)
10:35 – 11:55 am	Home groups (small groups)
12:00 – 2:00 pm	Private lessons and lunch
2:15 – 3:45 pm	Special topics classes
4:00 – 5:00 pm	Private lessons
Evening	Dinner on your own

Accommodations

Housing is available on the beautiful Viterbo University campus. Two-bedroom air-conditioned apartments with small, unfurnished kitchenettes are available. All prices include bed linens and taxes.

\$325 double occupancy (one person per bedroom)

\$215 quad occupancy (four people per apartment, two per bedroom)

Towels are provided, but you may bring your own extras. Bring your own soap. You also might like to bring a lamp for the dorm room because there will not be much overhead light. Kitchenettes have stoves if you'd like to bring a tea kettle and mug for tea in your room. No dishes, glasses, or cooking utensils are provided in the kitchenettes. While the dorms are air conditioned, some people in the past have wanted an extra fan. You are provided one pillow. If you want extras, please bring your own.

Meals will be on your own. The Mayo-Franciscan Hospital cafeteria – Market Place Restaurant – is two blocks from campus. It features a full service restaurant with made-to-order breakfast, lunch, and dinner items. Hot entrees are offered daily, and soup, salad bar, and desserts are available to complement your meal. There is also a grab-n-go sandwich station.

People's Food Coop downtown is great for those with special dietary needs. <http://www.pfc.coop/>

Location

La Crosse is located on Interstate 90 about 130 miles NW of Madison and 150 miles SW of Minneapolis/St. Paul. American Eagle (from Chicago) and Delta (from Minneapolis) fly into the La Crosse Municipal Airport. Viterbo University is located at 929 Jackson Street | La Crosse, WI | 54601.

Graduate Credits

Two graduate credits are available through the Viterbo Graduate School of Education for \$220. For a syllabus, contact Diane Foust at dfoust@viterbo.edu. You must already have a Bachelor's degree to take the workshop for graduate credit.

More Miscellaneous Details

Dress to be moving and to lie on the floor. You might wish to bring a yoga mat if you have one. A few yoga mats will be provided for each home group.