

# BODYMINDED

## ALEXANDER TECHNIQUE

### BodyMinded Program Semester 2, 2021 (July through Dec)

<i>When</i>	<i>Details</i>	<i>Fee</i>	<i>Teacher</i>
<b>SUNDAYS</b>			
9:30- 4:30pm St Leonard's	BodyMinded Monthly Practical workshops. 6 full days face-to-face. (PWS Module) Dates: 25/7, 22/8, 19/9, 24/10, 28/11, 11/12	\$1,100 C \$770 T	Greg Holdaway
9:30 – 1:30 St Leonard's	Face-to-Face Training Day at St Leonards on August 8 <sup>th</sup> only. 8/8.	Trainees see Tues BPP online	Greg Holdaway
<b>SUNDAYS (Term 4)</b>			
6pm-8pm ZOOM online	Safe and Healthy Music Teaching 17/10, 24/10, 31/10, 7/11 <b>**NEW** pilot program, open via EOI</b>	\$330 full \$165 EOI	Ann Clarke Greg Holdaway
<b>MONDAYS</b>			
9:30-11:30am Blue Mountains	Practical Activities Class (PWS Module) 16 face-to-face classes, starting 12/7	\$1,100 C \$770 T	Greg Holdaway
11:30-1:30pm Blue Mountains	Practical Activities Class (TS Module) 16 face-to-face classes, starting 12/7	\$1,100 C \$770 T	Greg Holdaway
<b>TUESDAYS</b>			
9:30-11:30am ZOOM Online	Practical Activities Class (PWS Module) 16 online classes starting 13/7	\$1,100 C \$770 T	Greg Holdaway
12:00-1:00pm ZOOM Online	BodyMinded Practitioner Embodied Anatomy class. Extensive notes, textbook and videos included	\$1,100 C \$770 T	Greg Holdaway
1:30pm – 2:30pm	Back-Pocket Plans Online [PLUS Training day Sunday 8 <sup>th</sup> August face- to-face AND Apprenticeship training 9/10 <sup>th</sup> October face-to-face] (TS Module) <b>**NEW** Module</b>	\$770 T	Greg Holdaway
7pm-8:30pm St Leonard's	Alexander Technique Mini-series 4 face-to-face classes in a month. Offered in June, July, August, October, November. July class starts 6/7	\$260 C	Simon Hingee

<b>WEDNESDAYS</b>			
9:30-11:30 am St Leonards	Practical Activities Class (PWS Module) 16 face-to-face classes starting 14/7	\$1,100 C \$770 T	Anne Finlay
11:30-1:30 pm St Leonards	Practical Activities Class (TS Module) 16 face-to-face classes starting 14/7	\$1,100 C \$770 T	Anne Finlay
<b>THURSDAYS</b>			
9:30am – 11:30am ZOOM Online	Language Unlocked: The Goldilocks of Communication (TS Module) 16 online classes starting 15/7 <b>**NEW** Module</b>	\$1,100 C \$770 T	Dave Carr & Greg Holdaway
<b>FRIDAYS</b>			
12-2pm ZOOM Online	Prism of Learning with Cathy Madden 16 online classes starting 16/7	\$1,100 C \$770 T	Cathy Madden

<b>WEEKEND WORKSHOP</b>			
9:30am – 4:30pm St Leonards	BodyMinded Weekend Intensive 9/10, 10/10	\$450 C Trainees see Tues BPP online	Greg Holdaway Anne Finlay Simon Hingee

<b>LESSONS</b>			
By appointment St Leonards, Blue Mountains and Online	Module of lessons with Greg (Blue Mtns/Online), Simon or Anne (City), Dave (Online) is 11 lessons. Module of lessons at St Leonards with Greg is 8 lessons Individual Private lessons available by appointment	\$1,100 C \$770 T	Greg Holdaway Simon Hingee Dave Carr Anne Finlay

All times are Sydney – AEST

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