



CANSTAT Member Update – Newsletter #1, 2017

March 21st, 2017

Dear CANSTAT Members

This letter is your quarterly CANSTAT update from your Executive Council. Here's what we've been working on for our members and more Alexander Technique related news.

NEWS FROM CANSTAT COUNCIL

CANSTAT 2017 AGM

The CANSTAT Annual General Meeting is scheduled for Sunday **May 7th 2017, at 1:00 pm Eastern Standard Time or 10:00 am Pacific Standard Time**. Please mark your calendars now to keep this important date available for the meeting.

Any member of CANSTAT who has an **agenda item** that they would like to bring up at the AGM, please email CANSTAT with a full description of the item by **April 10th, 2017**.

There will be group meetings for the AGM in Ottawa and Vancouver, details will follow. If you are planning on holding a group meeting anywhere else in Canada, please email the information to CANSTAT so that we can announce it to all members.

More details about the AGM will be e-mailed to members shortly.

Pro-D Workshops for A.T. teachers and Trainees

Thanks to Helene Bellemare and her work with council finalizing professional development guidelines, application procedures and forms. A reminder that professional development money is available to any group of 5 or more A.T. teachers that organize an event according to the guidelines.

Congratulations to Elaine Kopman for holding a successful workshop in Toronto in February 2017. Over 22 A.T. teachers and students participated over 2 days.



Upcoming Professional Development Events

All CANSTAT teachers are invited to attend these events if possible:

Workshops with Caren Bayer in Toronto and Ottawa, April 2017. For more information about Caren, see her biography on her website: www.carenbayer.com. The Toronto workshop will be April 22 & 23, with a three hour workshop on each day. Private lessons may still be available on Friday April 21st. Contact Heather Campbell for more information: heathercampbellpianist@outlook.com. The Ottawa workshop is on Tuesday April 25. Contact Brigitte Caron for more information: info@mindznmotion.ca or 613-789-7972.

Gabriella Minnes Brandes will be leading a workshop in Vancouver on April 27th, 2017, from 6:00-9:00 pm. The workshop focus will be Observation, Reflection, Analysis, Action: Honing observation skills to enhance teaching the Alexander Technique. The workshop organizer is Pamela Jeffrey, please contact her for more information at pamelajeffrey@shaw.ca

There are also planned workshops in late spring with Lawrence Smith in Montreal and Ruth Kilroy in Ontario. We will announce details as soon as confirmed.

New Website In Progress!

Technology has changed so much over the last decade and there is a strong need update the website and bring it up to current standards. Our treasurer, Mark Vasak, has been creating a new draft of the CANSTAT website that will be mobile and tablet responsive, easy to update and enhance with new apps as they develop, easier for potential students to locate teachers, and user friendly for communication with members, SEO, social media, and more. Although improvements to the site have been designed to be ongoing, Council is aiming to have a working draft released in English within the next few months. Please note, changes or updates on the old website are significantly delayed at this time due to work on the new site.

MORE ALEXANDER TECHNIQUE RELATED INFO

Online Articles

Thanks to Helene Bellemare for sending a link to this article: Lessons in self-care method may help osteoarthritis sufferers. The article: <http://thebiguknewsroom.co.uk/member-news/lessons-in-self-care-method-may-help-osteoarthritis-sufferers/?type=businessnews>

The study :

<http://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-016-1209-2>



New Youtube A.T. video

The French group of the Swiss association of Alexander Technique is very happy to present a short film they have produced to promote the Alexander Technique. They state: "We find we have now an exciting and unique digital business card to present our work. Of course, in 90 seconds we can only send out one message and rather than using that very short time to show the WHAT we do, and the HOW we do it, we decided it was more interesting to provoke with the clip an emotional reaction to let people know we are in the business of transformation and that with the Technique we can truly learn to change and live a different life. You can find the clip in 3 languages and we hope to be able to produce it as well in english in the near future. Please, feel free to link it to your website, share it with your pupils, friends, colleagues and, most importantly, on the social media as much as possible, It will bring a lot of interest and curiosity towards our work."

German: <https://www.youtube.com/watch?v=1RbDFaR6xr4>

French: <https://www.youtube.com/watch?v=UhHP1b6-yaU>

Italian: <https://www.youtube.com/watch?v=XOCXSjfkf3hk>

Reminder: AmSAT 2017 Conference, June 14th-18th, 2017 in San Diego, California:

AmSAT's Annual Conference and General Meeting (ACGM) is held in a different part of the United States each year. Five days of continuing education workshops, collegial exchanges and social events, the ACGM is also where AmSAT business is conducted. ACGM takes place in San Diego, California, June 14-18, 2017.

www.amsatonline.org Your CANSTAT president (Gabiella Minnes Brandes) and secretary (Heather Walker) are both planning on attending. Gaby is presenting a workshop with Claire Rechnitzer entitled Going Steady: the Shape and Content of meaningful, ongoing Work-Exchange Relationships. Let us know if you are also going, it would be great for CANSTAT members to connect at this conference.

Moving Forwards and up!

Sincerely,

Heather Walker

On behalf of CANSTAT Council-

Gabiella Minnes Brandes (President)

Heather Walker (Secretary)

Mark Vasak (Treasurer)