

From: AUSTAT <info@austat.org.au>
Sent: Thursday, 23 April 2020 6:10 PM
To: Karen
Subject: AUSTAT E-News - 23 April 2020

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ENews - 23rd April 2020

Council met for its monthly meeting on Sunday 19 April.

Most of the meeting was taken up with fallout from Covid-19 lockdown and members' inability to teach face-to-face lessons and teaching online.

Council continues to strongly recommend the Alexander teaching community cease face-to-face lessons.

AUSTAT has been requested by Gallagher, an insurance company many teachers are with, to provide a disclaimer specific to online sessions. Council is not commenting on viability of online teaching, this is intended as a guide regarding insurance cover only. Council will review this guideline as more information from the insurer becomes available. Council requests teachers use their own discretion in this matter.

Disclaimer:

Online lessons are for educational purposes only and are not to be taken as medical advice. If you have a medical condition please seek medical advice.

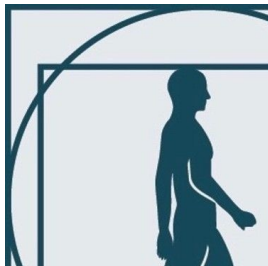
Teachers do not take responsibility for any adverse outcomes that may arise from online lessons.

Due to the lack of kinaesthetic information available to the online teacher, his/her capacity to observe the student may be limited. Thus, to prevent the likelihood of any injury occurring during or after the lesson, it is advised online students:

- take extra care to ensure their environment is safe and clear of hazards;

- understand information given is of a general nature and does not constitute specific advice
- understand the Alexander Technique should not result in stiffness or pain
- rest and reconsider, if their at-home practice results in stiffness and pain
- understand that online lessons do not qualify the participant to teach the Alexander Technique

Members are reminded that JobKeeper applications opened on Monday 20 April.



Ted Dimon online seminars

Invitation from the Dimon Institute to join a free digital series

Because in-person classes at the Dimon Institute have been suspended, they have moved their training program online. They have opened up the lecture portion to training programs around the world that have also had to close their doors due to Coronavirus, and they would like to extend the invitation to all members of the Alexander Technique community.

Ted Dimon will be giving a series of talks on how the primary control works over a three week period beginning today, Tuesday 4/21. This is a curriculum he has developed over many years based on his book *Neurodynamics: the Art of Mindfulness in Action*. This series will be open to everyone at no charge in order to help people continue their studies during this time.

Because of the time difference, it will be extremely early in most parts of Australia (2AM in Canberra ACT). While all Australians are invited to join them live, they realize the challenge the time difference presents, and, in order to include people in other time zones, the Dimon Institute will be posting the recordings of each class. The recordings will be posted daily, Tuesday through Friday, for three weeks (beginning April 21 and ending May 8).

In addition, Ted will be hosting a live Zoom Q&A / discussion for Australia during each week of the series on Saturdays at 9AM Canberra ACT in order to engage with you directly and answer any/all questions live.

You can sign up for the class at the link below and they will send you a copy of the syllabus: <https://bit.ly/DimonInstituteDigital>

You can view the daily recording here: <https://www.dimoninstitute.org/webinars>

You can join the Zoom Q&A on Saturday at 9AM Canberra ACT using the information below:
Join Zoom Meeting:
<https://zoom.us/j/643470316?pwd=YkhMUG82MUVIY1FOU3dNVVBDVC9odz09>

Meeting ID: 643 470 316
Password: 009230

If you have any questions, feel free to reach out to Rebecca Price at rebeccaprice@dimoninstute.org, as she will be organizing details for the class.

F.M. Alexan



AUSTAT Book Club

The first AUSTAT book club session was held on Wednesday 15 April. 12 people logged in from around Australia and we had a great discussion. It was very inspiring and informative.

The next session will be on Wednesday 29 April, when we will be discussing Chapter 3 of *The Use of the Self* and the Anthony Kingsley introduction,

[Click here to view Anthony Kingsley's intro](#)

Book Club meets every 2nd Wednesday, starting at 1 pm

Zoom address for 15th April and every second Wednesday after that is:

Join Zoom Meeting <https://zoom.us/j/683154783>

Meeting ID: 683 154 783

One tap mobile

+61280156011,,683154783# Australia

+61370182005,,683154783# Australia

Dial by your location

+61 2 8015 6011 Australia

+61 3 7018 2005 Australia

+61 8 7150 1149 Australia

Meeting ID: 683 154 783

Find your local number: <https://zoom.us/u/ad7pE9Y2NB>



Isolation Stories

Members are requested to submit short "isolation stories" for the next Newsletter or ITM, to info@austat.org.au

Online Teaching Forum

AUSTAT Zoom Forum:

'Going Online - changing habits in changing times'

Sunday 26th Apr, 2pm - 4pm (AEST)

All teacher and student AUSTAT members are invited to a forum to discuss practical and appropriate ways to embrace online teaching.

Please contact Ray Taylor (email: seedmail@bigpond.net.au) to register for the forum, this Sunday, 26th Apr (2-4 pm, AEST). The Zoom Meeting login details for this forum are as follows:

<https://zoom.us/j/94710134019?pwd=QTNLN2hXb041L1dLMGpEd0wzMzIGdz09>

Meeting ID: 947 1013 4019

Our mailing address is:

AUSTAT
PO Box 405
Beechworth, Vic 3747
Australia

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