

**From:** AUSTAT <info@austat.org.au>  
**Sent:** Monday, 18 May 2020 10:20 AM  
**To:** Karen  
**Subject:** AUSTAT E-News - 18 May 2020

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## ENews - 18 May 2020

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### Council Meeting Report

Council met on Sunday 10 May. The following was discussed:

- Payment of AUSTAT membership fees for students currently participating in a training course will be delayed until training schools are reopened with face to face lessons. Students will be officially notified of this.
  - AUSTAT Council discussed advice regarding the COVID Emergency, in light of the new government guidelines, It was agreed "wait until Step 2 of Roadmap to a Covid Safe Australia" is implemented in their area before resuming face to face teaching. When resuming face to face teaching, teachers should adhere to precautions as advised. (details below)
  - Jenny Thirtle has been approved as an AUSTAT Moderator.
  - AUSTAT library is set to go online; stay tuned for more information.
  - Ted Dimon's workshop series continues to available to AUSTAT members (see below)
  - Council are looking into more opportunities for online learning. We are currently investigating other workshops to share with our members.
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## Advice regarding face-to-face teaching

Council advises the Alexander teaching community may consider resuming face-to-face teaching when step-two of a three-step plan to reopen Australia, after the coronavirus crisis, commences in their respective states.

While step-two will be a significant step toward normality, it does not mean we are back to business as usual. Precautions will need to be taken to reduce the risk of contact with suspected cases of COVID-19 and to prevent the risk of transmission. The current Victorian government guidelines advise face masks for close contact work.

Teachers are advised to follow local governmental guidelines for close contact work and which 'personal services' are permitted.

The following links provide detailed information for Victorian members:

<https://www.dhhs.vic.gov.au/shopping-retail-and-food-coronavirus#actions-for-people-providing-close-body-contact-services-in-the-community>

<https://www.dhhs.vic.gov.au/shopping-retail-and-food-coronavirus#personal-services>

If you are in another state, please check the relevant information for your state.

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## JobKeeper

If you are eligible for JobKeeper as a sole trader you should have received payments by now. If not, talk to your accountant as there was a second step where you had to list your April turnover and predict the May turnover.

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## Current Scientific Research and Models for Alexander Technique

**18 May 2020**

There are already over 500 teachers joining, so it is turning into a true international AT "event"

This is a free online symposium open to all AT teachers and students featuring presentations, Q&A, and discussion from:

- Dr. Tim Cacciatore (PhD. Neuroscience, STAT certified AT teacher)
- Assoc. Prof. Rajal Cohen (PhD., Associate Professor of Psychology at University of Idaho, AmSAT certified AT teacher)

- Prof. Ian Loram (PhD., Professor of Neuromuscular Control of Human Movement, Manchester Metropolitan University, PAAT certified teacher of AT)
- Dr. Patrick Johnson (PhD. Physics, STAT/NeVLAT certified AT teacher)

This symposium addresses an urgent need for specific, up-to-date, science-based models to help AT practitioners to:

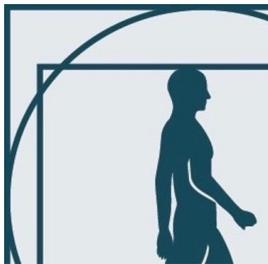
- better understand what we are learning and teaching physiologically
- better communicate with scientists, medical professionals, and AT colleagues
- broaden the base of respect and understanding for our profession

**Date:** May 18th (a video version will be available after for anyone who cannot join live)

**Time:** 6 pm (Amsterdam - Paris), 5 pm (London), 12 noon (Eastern - NYC), 11 am (Central - Chicago), 9 am (Pacific - LA)

Please click here for more details and to sign up

<https://www.alexandertechniquescience.com/symposium2020/>



## Upcoming Course with Ted Dimon

Ted Dimon is continuing his online series of talks Mondays to Thursdays from 18 May from 12-1pm US Eastern Time. Recordings will be posted online at:

<https://www.dimoninstitute.org/webinars>

(Classes from the last series are also available here)

Course reading is *The Body in Action: Principles of the Alexander Technique* by Theodore Dimon, available online (at no charge) at:

<https://www.AlexanderTechniquePrinciples.com/>



## AUSTAT Book Club

AUSTAT Book Club meets every second Wednesday from 1.00pm to 2.00pm.

16 participants from all around Australia have joined us over the three sessions we have had so far.

We have read *Use of the Self*, and Kingsley's introduction.

I am loving the chance to catch up with members and have a great discussion.

For the next Book Club session on 27 May, we are reading Chapter 5 of *The Use of the Self* and the appendix.

For updates on what we are reading please contact Penny on [Penny@harmonicmotion.com.au](mailto:Penny@harmonicmotion.com.au) or check on the AUSTAT Facebook page. Joining Book Club can count towards professional development points.

**Zoom address for the book club 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>

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## **Michael Stenning's Online Classes**

Michael Stenning has started a series of zoom classes for trainees and teachers in Brazil and Argentina. He wishes to open the class to Australian trainees and teachers. He says: "it should be fun to have such a diverse group in one class and for Australians and South Americans to be able to interact and establish connections."

It is in the form of a seminar, with time for some discussion as well as some practical work, albeit, of course without hands-on. The content will revisit many of the basic AT concepts, taking a look at old stuff from some new angles. Contact Michael if you would like to join in or if you have any questions.

It is free and will be on Wednesday mornings at 8.00am for about an hour and a quarter. (This is 7.00pm in Sth America)

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