

OBOC EUROPE 2025

ONE BODY, ONE CAREER

COUNTERTECHNIQUE INTENSIVE

WEEK 1

DAY 1 - Saturday 26 July																				
	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym			09:30 - 10:30 ALL Plenary Welcome		10:45 - 12:15 Group C Countertechnique class / Elita (Ny-ye)			12:30 - 14:00 Countertechnique class / Rosanna (J)						15:00 - 16:30 Intro to Alexander Technique / T (b)					16:30 - 18:00 ShAttention / A (Ny)	
Studio 6/7	Registration				10:45 - 12:15 (b) Group B Practical Tools / Rosanna	B R E A K		12:30 - 14:00 (b) Practical Tools / Elita (Ny)	B R E A K		B R E A K				15:00 - 16:30 Shifting Attention / A (R)	B R E A K				
Studio 2					10:45 - 12:15 Group A Countertechnique class / Anouk (James)			12:30 - 14:00 (t) Practical Tools / Anouk						15:00 - 16:30 Shifting Attention / A (R)					16:30 - 18:00 Intro to Alexander Technique / T (t)	
DAY 2 - Sunday 27 July																				
	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym				9:30 - 11:30 Class / R (J)				11:45 - 13:45 Class / E (Ny)						14:45 - 16:15 (t) Seeing and Sensing / A (J)					16:30 - 18:00 (t) Intro to Alexander Technique / T (b)	
Studio 6/7				9:30 - 11:30 (b) PT / A		B R E A K		11:45 - 13:45 Class / A (J)	B R E A K		B R E A K									Post day drinks (optional)
Studio 2				9:30 - 11:30 (t) PT / E (Ny)				11:45 - 13:45 (b) PT / R						14:45 - 16:15 (t) Intro to AT / T					16:30 - 18:00 Seeing / A (Ny)	
Studio 4	Chien Ngan Sook Linn Cindy Pung Wibbers	Dewika Gada Charlotte Lam Dewika Nanda			Orlinda Olivier Stomata	Thomas Bagard Fadh van Nieuwen		Emilly Duback Julia Hagen Celine Bernau		Paul Schwaens Christine Lisa Gaudin										
DAY 3 - Monday 28 July																				
	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym				9:30 - 11:30 Class / A (J)				11:45 - 13:45 Class / R (J)						14:45 - 16:15 (t) Base phrase / A (J)					16:30 - 18:00 (b) Toolbox Intro / R	
Studio 1									13:00 - 14:00 Class continues / E											
Studio 6/7				9:30 - 11:30 (b) PT / R (space) (Ny until 11:00))				11:45 - 13:45 (b) PT / A (space)	B R E A K					14:45 - 16:15 (t) Space and Improv / R (Ny)					16:30 - 18:00 (b) CT Toolbox overview / A (Ny)	
Studio 2				9:45 - 11:45 (t) PT / E				12:00 - 13:00 Class / E	B R E A K											
Studio 4					Francisca Sanchez Hayley Becker Julia Turner	Richard Katherine Neumann Ryszard Marzec		Lauren Blair Smith Lizbeth Hilke		Michelle Sanchez Suzanne Rosa Benschke		Wen-Mei Chen Paul Chen Kazuhiko Ohnuma		Jan Seifert Mikaela Craghan Helen Gatten		Michelle O'Brien Nicola Shapiro Natalie Gove				
DAY 4 - Tuesday 29 July																				
	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym				9:30 - 11:30 Class / A				11:45 - 13:45 Class / R (J)						14:45 - 16:15 Base phrase / J (Ny)					16:30 - 18:00 Base phrase / J (Ny)	
Studio 1									Class continues / E											
Studio 6/7				9:30 - 11:30 (b) PT / R				11:45 - 13:45 (b) PT / A	B R E A K					14:45 - 16:15 (b) Structure & Functionality A (Ny)					16:30 - 18:00 (b) Structure / R	
Studio 2				9:45 - 11:45 (t) PT / E				12:00 - 13:00 Class / E	B R E A K											
Studio 4					Joel Park Stephanie Wilberg Terry Slaughter	Andreas Thorenson Nicola Hayward			Henry Canfield Agnieszka Orlan Annie		Oliver Lind Dimitris Noh Anika Kompart		Gregory Demco Fiona Mc Cluskey Cathie Maxwell		Henric Tiedke Julia Turner	Steven West Ann Barthson		Jan-Hung Huang Joakim Mark		
DAY 5 - Wednesday 30 July																				
	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym				9:30 - 11:30 Class / R				11:45 - 13:45 Class / E (J)						14:45 - 16:15 Counter techniques into floor work / J. Vu Min Pham (Ny)					16:30 - 18:00 Elective: Angles and attack / J	
Studio 1														14:45 - 16:15 Base phrase / A (R)					16:30 - 18:00 Elective: Improvise with delight / R	
Studio 6/7				9:30 - 11:30 / A (J)	Class			11:45 - 13:45 (b) PT / A	B R E A K										16:30 - 18:00 (b) Elective: Scanning independently (only OBOC repeaters) / A (Ny)	
Studio 2				9:30 - 11:30 (t) AT / T				11:45 - 13:45 (b) AT / T												
Studio 4													Juliana Hildner Elizabeth Chapman	Rita Thorenson Mikaela Knyazik	Min Pham Michelle Chung		Andy Hargrave Mark Hargrave		Julia West Julie Cox	

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WEEK 2

DAY 6 - Friday 1 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00
Gym		9:30 - 11:30 Class / A (H)					11:45 - 13:45 Class / E (Ev)					14:45 - 16:15 Sharing the load / A (Ny)					16:30 - 18:00 Multiple Voices / J (Em)				
Studio 6/7		9:30 - 11:30 (b) PT / E (Ev)				B R E A K	11:45 - 13:45 (b) PT / A (Em)				B R E A K	14:45 - 16:15 Tales & Tools / R (Ev)				B R E A K	16:30 - 18:00 Elective: Functionality and Stretching / A (Ny)				
Studio 1							Class continues / R (H)					14:45 - 16:15 Multiple Voices / J (Em)					16:30 - 18:00 Elective: Extra Countertechnique Class / Eva Scheller				
Studio 2		9:45 - 11:45 (H) PT / R (Em)				B R E A K	12:00 - 13:00 Class / R (H)				B R E A K					16:30 - 18:00 Elective: AT in daily life / T					
Studio 4			Neil Mance Pete Sibhart		Para Gonda Pete Cori Miller			Wika Lundgaard Sally McCre		Seawoo Ogo Sebastian Gellings			Sally Jenkins Shelby Coon								

DAY 7 - Saturday 2 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	
Gym		9:30 - 11:30 Class / R (Ny)					11:45 - 13:45 Class / A (Em)					14:45 - 16:15 Tales & Tools / R					16:30 - 18:00 Sharing the load / A					
Studio 6/7		9:30 - 11:30 (b) PT / A (Em)				B R E A K	11:45 - 13:45 (b) PT / R (Ny)				B R E A K	14:45 - 16:15 Elective: Extra Countertechnique Class / Na ye Kim				B R E A K	16:30 - 18:00 Elective: Extra Countertechnique Class / Emma Yuasa					
Studio 2		9:30 - 11:30 Class / E (Ev)					11:45 - 13:45 (H) PT / E (Ev)					14:45 - 16:15 Multiple Voices / Em (Ev)					16:30 - 18:00 (b) Elective: How to work with a Tool / R (N-y)					
Studio 4						Stephan Kitzinger Christiane Perovic		Teruaki Yuta Nishii / Shinya		Wing Yifu Rosenblatt		Paula Ermentrude Leggett Sara Maria Soderqvist										

DAY 8 - Sunday 3 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00
Gym		9:30 - 11:30 Class / A (Em)					11:45 - 13:45 Class / E (Ev)					14:45 - 16:15 Sharing the load / A					16:30 - 18:00 Multiple Voices / Ev (Em)				
Studio 6/7		9:30 - 11:30 Class / R (Ny)				B R E A K	11:45 - 13:45 (b) PT / A (Em)				B R E A K	14:45 - 16:15 Elective: Extra Countertechnique Class / Ev				B R E A K	16:30 - 18:00 (b) Elective: AT and Pain / T				
Studio 1							11:45 - 13:45 (b) PT + recap tools / R (Ny)					14:45 - 16:15 Tales & Tools / R					16:30 - 18:00 Elective: Extra Countertechnique Class / Ny				
Studio 2		9:30 - 11:30 (b) PT + build personal Toolbox / E				B R E A K					B R E A K	14:45 - 16:15 (b) Elective: AT and Pain / T									
Studio 4			Margot Smolik Rebecca Moore Gunning		Kelley Calabro Evan Tackeborn			Elisavinda Luentala Camille Huang		Geoffrey Gorbunova Fanny Bergsten											

DAY 9 - Monday 4 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00		
Gym		9:30 - 11:30 Class (use personal Toolbox) / E					11:45 - 13:45 Class / A (Em)					14:45 - 16:15 Sharing the load / A					16:30 - 18:00 Tales & Tools / R					CTTT Info session/ A, Ny & Jerry Remkes	
Studio 6/7		9:30 - 11:30 (b) PT (build personal toolbox) / A (Em)				B R E A K	11:45 - 13:45 (b) PT / E (Ev)				B R E A K	14:45 - 16:15 Multiple Voices / Em (Ev)				B R E A K	16:30 - 18:00 Elective: Extra Countertechnique Class / Ny						
Studio 1							Class continues / R (Ny)					14:45 - 16:15 Tales & Tools / R					16:30 - 18:00 Sharing the load / A						
Studio 2		9:30 - 11:30 (H) PT / R (Ny)				B R E A K	12:00 - 14:00 Class / R (Ny)				B R E A K					16:30 - 18:00 Elective: AT in daily life / T							

DAY 10 - Tuesday 5 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00		
Gym		9:30 - 11:15 Class / E (Ny)				B R E A K	11:30 - 13:15 Class / R (Em)				13:15 - 15:00 Class / A (Ev)				B R E A K	15:15 - 16:45 Sharing the load / A				17:00 - 18:00 workshop sharing		18:00 - closing party	
Studio 1											13:00 - 15:15 studio available for workshops					15:15 - 16:45 Multiple Voices / Em, Ev							
Studio 6/7										13:45 - 15:15 studio available for workshops				15:15 - 16:45 Tales & Tools / R									