

OBOC 2023 AMSTERDAM WEEK 1

DAY 1 - Saturday 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	
GYM																				
Studio 4/5		9:30-10:30 Registration	10:00-10:30 Group A & B: Welcome & Introduction	BREAK	10:45-12:30 Group A Countertechnique Class With: Anouk van Dijk	BREAK	12:45-14:30 Group B Countertechnique Class With: Elita Cannata	BREAK	15:30-16:45 Group B Shifting attention With: Niharika Senapati	BREAK	17:00-18:15 Group A Introduction to the Alexander Technique (B) With: Tom Koch									

DAY 2 - Sunday 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	
GYM																				
Studio 1		9:30-11:30 Group B Countertechnique Class With: Elita Cannata																		
Studio 4/5		9:30-11:30 Group A Practical Tools (B) With: Anouk van Dijk																		
Studio 7		Alexander Technique Andria Levick Ayuko Takahashi	Alexander Technique Barbara Mamic Christiana Stewart	Alexander Technique Catherine Tai Chi Ngan Chi-Hsuan Yang	Alexander Technique Catherine Tai Chi Ngan Dafina Grocott Gan	Alexander Technique Dmitry Dmitry Grynov	Alexander Technique Elena Elena Popov	Alexander Technique Elysa Elysa Forcicelo												
																				Post day drinks

DAY 3 - Monday 31 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	
GYM																				
Studio 1		9:30-11:30 (B) Group B Countertechnique Class With: Elita Cannata																		
Studio 4/5		9:45-11:45 Group A Practical Tools / Class structure intro With: Anouk van Dijk																		
Studio 7		Alexander Technique Emily Nelson-Spencer Elin Taube	Alexander Technique Felix von Wangler Hans Montanaggi	Alexander Technique Heleen Mary Hyoan Choi	Alexander Technique Heleen Mary Hyoan Choi	Alexander Technique Hyoan Hyoan Choi	Alexander Technique Karin Karin Leugelin	Alexander Technique Karin Karin Leugelin	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	Alexander Technique Lina Lina	

DAY 4 - Tuesday 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	
GYM																				
Studio 1		9:30-11:30 Group A Countertechnique Class With: Anouk Van Dijk																		
Studio 4/5		9:30-11:30 Group B Practical Tools (B) With: Elita Cannata																		
Studio 7		Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	Alexander Technique Dana Dana Novak	

DAY 5 - Wednesday 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	
GYM																				
Studio 1		9:30-11:30 Group B Countertechnique Class With: Elita Cannata																		
Studio 2		9:30-11:15 (B/M) Group A Lizard arms with mittens With: Tom Koch																		

DAY OFF - Thursday 3 August

OBOC 2023 AMSTERDAM WEEK 2

DAY 6 - Friday 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	
		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		09:30 - 11:30 Group A Countertechnique Class With: Elita Cannata					11:45 - 13:45 Group B Countertechnique Class With: Anouk van Dijk					14:45 - 16:15 Group Y PARADE With: Anouk van Dijk					16:30 - 18:00 Group Z That Unnamable Thing With: Niharika Senapati				
Studio 1							B R E A K					14:45 - 16:15 Elective Z #1 Dissecting phrase work James Vu Ahn Pham					16:30 - 18:00 Elective Y #1 Dissecting phrase work With: James Vu Ahn Pham				
Studio 4/5		09:30 - 11:30 Group B Practical Tools (B) With: Anouk van Dijk										11:45 - 13:45 Group A Practical Tools (B) With: Elita Cannata									
Studio 7/3			Alexander Technique Laura Toth Madison Elliott Umimi Renteria Wouters	Alexander Technique Maggie Costales Zoe Fyfe	Alexander Technique Tim Vollenhan Renwood Poles	Alexander Technique Pearl Riviz Sakshi Lam		Alexander Technique Samartha Fabrikant Soghie Allen Ezequiel Lobo Nabeiro Silbas	Alexander Technique Shannon Shewar Tracy Carli Demree Melissa Brading		14:45 - 16:15 Elective Z #2 Alexander Technique in daily life (M) With: Tom Koch					16:30 - 18:00 Elective Y #4 Alexander Technique and Pain With: Tom Koch					

DAY 7 - Saturday 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						
		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		09:30 - 11:30 Group B Countertechnique Class With: Anouk van Dijk					11:45 - 13:45 Group A Countertechnique Class With: Elita Cannata					14:45 - 16:15 Group Z That Unnamable Thing With: Niharika Senapati					16:30 - 18:00 Group Y PARADE With: Anouk van Dijk									
Studio 4/5		09:30 - 11:30 Group A Practical Tools / Countertechnique Class (B) With: Elita Cannata					11:45 - 13:45 Group B Practical Tools / Toolbox recap (B) With: Anouk van Dijk					B R E A K					14:45 - 16:15 Elective Y #3 How to work with tools (B) With: Anouk van Dijk					16:30 - 18:00 Elective Z #3 How to work with Tools (B) With: Niharika Senapati				
Studio 3																	14:45 - 16:15 Elective Y #2 Alexander Technique in daily life (M) With: Tom Koch					16:30 - 18:00 Elective Z #4 Alexander Technique and Pain (M) With: Tom Koch				

DAY 8 - Sunday 6 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						
		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		09:30 - 11:30 Group A Countertechnique Class (Tom) With: Elita Cannata					11:45 - 13:45 Group B Countertechnique Class (Tom) With: Anouk van Dijk					B R E A K					14:45 - 16:45 Group Y PARADE With: Anouk van Dijk					17:00 - 18:00 AMA With: Anouk & Niharika				
Studio 1 <i>Exit studio 17:55</i>																	14:45 - 16:45 Group Z That Unnamable Thing With: Niharika Senapati					17:00 - 17:55 AMA With: Tom Koch				
Studio 4/5		09:30 - 11:30 Group B Practical Tools (building personal Toolbox) (B/M) With: Anouk van Dijk					11:45 - 13:45 Group A Practical Tools/ Toolbox recap (B/M) With: Elita Cannata										z									

DAY 9 - Monday 7 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	
		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		09:30 - 11:30 Group B Countertechnique Class With: Anouk van Dijk					11:45 - 13:45 Group A Countertechnique Class (working with Toolbox) With: Elita Cannata					14:45 - 16:15 Group Z PARADE With: Anouk van Dijk					16:30 - 18:00 Group Z PARADE With: Anouk van Dijk				
Studio 1							B R E A K					14:45 - 16:15 Group Y That Unnamable Thing With: Niharika Senapati					16:30 - 18:00 Group Y That Unnamable Thing With: Niharika Senapati				
Studio 4/5		09:30 - 11:30 Group A Building a personal Toolbox (B) With: Elita Cannata										11:45 - 13:45 Group B Working with personal Toolbox (B) With: Anouk van Dijk									

DAY 10 - Tuesday 8 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											
		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		09:30 - 11:00 Group A Countertechnique Class With: Elita Cannata					11:15 - 12:45 Group B Countertechnique Class With: Anouk van Dijk					13:00 - 15:15 Group Z PARADE With: Anouk van Dijk					16:00 - 16:30 Group Y PARADE With: Anouk van Dijk					16:45 - 17:45 Workshop Sharing All					17:45 - 19:00 Closing Drinks				
Studio 1							B R E A K					13:00 - 15:15 Group Y That Unnamable Thing With: Niharika Senapati					16:00 - 16:30 Group Z That Unnamable Thing With: Niharika Senapati														