

# Techniques of the self

1<sup>st</sup> part: January – June 2019

## Program

### 1.a. Saturday **19/1**

- **13:30 - 14:30**  
**Introductory meeting**
- **15:00 – 16:30**  
**Awareness Through Movement workshop (Feldenkrais®)**
- **17:00 – 19:00**  
**Reading Group**

### 1.b. Sunday **20/1**

- **15:00-16:30**  
**Awareness Through Movement workshop (Feldenkrais®)**
- **17:00 – 19:00**  
**Art Workshop**

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### 2. Sunday **10/2**

- **15:00 -16:30**  
**Personal development group (Rogers)**
- **17:00 – 19:00**  
**Art Workshop**

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### 3.a. Saturday **23/2**

- **15:00 -16:30**  
**Project meeting**
- **17:00 – 19:00**  
**Reading Group**

### 3.b. Sunday **24/2**

- **15:00 -16:30**  
**Personal development group (Rogers)**
- **17:00- 19:00**  
**Art Workshop**

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4. Sunday 17/3

- 15:00 -16:30  
Personal development group (Rogers)
- 17:00 – 19:00  
Art Workshop

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5.a. Saturday 30/3

- 15:00 -16:30  
Project meeting
- 17:00 – 19:00  
Reading Group

5.b. Sunday 31/3

- 15:00 -16:30  
Personal development group (Rogers)
- 17:00- 19:00  
Art Workshop

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6.a. Saturday 13/4

- 15:00 – 16:30  
Awareness Through Movement workshop (Feldenkrais®)
- 17:00 – 19:00  
Reading Group

6.b. Sunday 14/4

- 15:00-16:30  
Awareness Through Movement workshop (Feldenkrais®)
- 17:00 – 19:00  
Art Workshop

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7. Sunday 21/4

- 15:00 -16:30  
Personal development group (Rogers)
- 17:00 – 19:00  
Art Workshop

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8.a. Saturday **11/5**

- **15:00 -16:30**  
**Project meeting**
- **17:00 – 19:00**  
**Reading Group**

8.b. Sunday **12/5**

- **15:00 -16:30**  
**Personal development group (Rogers)**
- **17:00- 19:00**  
**Art Workshop**

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9.a. Sunday **26/5**

- **15:00 -16:30**  
**Personal development group (Rogers)**
- **17:00 – 19:00**  
**Art Workshop**

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10.a. Saturday **8/6**

- **15:00 – 16:30**  
**Awareness Through Movement workshop (Feldenkrais®)**
- **17:00 – 19:00**  
**Preparation of the event**

10.b. Sunday **9/6**

- **15:00-16:30**
- **Awareness Through Movement workshop (Feldenkrais®)**
- **17:00 – 19:00**  
**Preparation of the event**

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- Saturday **15/6** (17:00-21:00)
- Sunday **16/6** (15:00 -19:00)

**EVENT**

**Completion of the 1<sup>st</sup> part of the project.**

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