

2024 WORKSHOP SCHEDULE

LAUNCESTON, TASMANIA

February

16 - 17	Opening the Breath
18	Tensegrity Spine

April

4 - 5	Shoulders & Arms
6 - 7	Head, Neck & Jaw

June

7 - 9	AT in Structure & Function
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August

1 - 3	Arches & Legs
4 - 5	Fans of the Hip

October

4 - 5	Opening the Breath
6	Tensegrity Spine

December

12 - 13	Shoulders & Arms
14 - 15	Head, Neck & Jaw

MANDURAH, WESTERN AUSTRALIA

May

5 - 17	ATSI Part I: Intensive
	Arches & Legs
	Fans of the Hip
	Opening the Breath
	Tensegrity Spine
	Shoulders & Arms
	Head, Neck & Jaw

June

15 - 28	ATSI Part III: Block 1
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July

9 - 22	ATSI Part III: Block 2
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November

18 - 27	ATSI Part II
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BRISBANE, QUEENSLAND

August

10 - 16	ATSI Part I: Block 1
	Arches & Legs
	Fans of the Hip
	Opening the Breath

October

4 - 8	ATSI Part I: Block 2
	Tensegrity Spine
	Shoulders & Arms
	Head, Neck & Jaw

ADELAIDE, SOUTH AUSTRALIA

January

19 - 21	AT in Structure & Function
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HONG KONG

March

19 - 21	AT in Structure & Function
25 - 27	AT in Training

September

2 - 8	ATSI Part I: Block 1
	Arches & Legs
	Fans of the Hip
	Opening the Breath

December

1 - 5	ATSI Part I: Block 2
	Tensegrity Spine
	Shoulders & Arms
	Head, Neck & Jaw

TAIWAN

March

23 - 25	Balancing the Diaphragms
26 - 27	Head, Neck & Jaw

September

6 - 8	AT in Structure & Function
9 - 10	Fans of the Hip

INDONESIA

February

1-7	ATSI Part I: Block 1
	Arches & Legs
	Fans of the Hip
	Opening the Breath

July

16 - 21	ATSI Part I: Block 2
	Tensegrity Spine
	Shoulders & Arms
	Head, Neck & Jaw

SINGAPORE

March

2 - 3	Balancing the Diaphragms
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COMING SOON

More 'Balancing the Diaphragms' dates!

SAVE THE DATE

19th to 30th January 2025

Anatomy Trains Australia & NZ

Summer School

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