Drop-in classes: **AT Mind in Motion (MIM)** is a dynamic sequence of movements and stretches designed to teach you how to move with less harmful tension, and greater openness, ease and uprightness. MIM is helpful for supporting the health of the back and spine. MIM also helps to address stress, burnout and fatigue. No sign up or previous AT experience required; all DAHLC members and guests are welcome.

New MIM schedule begins Sep 4
- Sunday 11:15am - 12:00pm
- Monday: 6:30 - 7:15pm
- Wednesday: 1:15 - 2pm
- Thursday: 1:15 - 2pm

Private AT Instruction is ideal for addressing your unique health and wellness needs and goals, as well as deepening your AT practice: 60-min sessions cost $50, and 30-min sessions cost $25. A 10% discount is given for packages of 5. Private AT sessions are non-refundable, and will not expire. Private AT sessions are a clinical service and notes are recorded in patient medical records.

New private schedule begins Sep 4
- Monday: 11:30am - 2:00pm
- Tuesday: 9am - 11:30pm
- Thursday: 9am - 11:30pm

Current AT Programs
- [AT Foundations](#)
- [Advanced AT Program](#)

**AT Student Spotlight:** Luci Larson is a longtime DAHLC member and AT student. In her own words: “I was becoming aware that I was worried about falling (a common worry in my 70+ age group). In reading about this, I came across articles about the Alexander Technique and healthy aging. I began attending the AT Mind in Motion group classes offered at the DAHLC. After only a few sessions, I learned that AT is a way of learning to release harmful tensions from my body. Excess tension (particularly in the neck) has an immediate effect on balance. I am now aware of when I lapse into unhelpful habits so that I am able to untighten, unstiffen, and undo the unhelpful habit. I am also no longer worried about falling. The Alexander Technique is not the **Fountain of Youth**, but for me it’s pretty close!”