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 3**
- Monday: 9:15 – 10:00am
- Wednesday: 2:15 - 3:00pm
- 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.

**Private AT Schedule begins Sep 3**
- Monday: 11:00am - 1:00pm
- Tuesday: 9am - 12:00pm
- Thursday: 9am - 12:00pm

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

AT Student Spotlight: **AT Student Spotlight:** Judy and Alan Hoffman are DAHLC members and long-time AT students. In their own words, “Year by year, we were becoming stooped, shoulders especially showing the weight of our years. This began to change with the first AT classes we attended. The principles of Awareness, Inhibition, and Direction helped tremendously; especially Awareness. Sitting at a desk, standing at the sink, walking around Silver Lake, we began to purposefully think about directing ourselves “up” – instead of leaning forward causing us to go down. Habits accumulated over time take patience and perseverance to change. Because AT is so gentle, so stress-free, it’s become an integral part of our daily life. AT contributes significantly to our emotional and physical well-being. It keeps us UP!”