

**Registration for Alexander-Technique Training July, 20.-26., 2003 in Dobogókő, Hungary**

Please send to: Gabriele Breuninger, see front of flyer

**NAME, SURNAME:** .....  
**Street, no:** .....  
**Code, City:** .....  
**Tel:** .....  
**Tel. Office:** .....  
**Fax:** .....  
**e-mail:** .....

I have transferred the fee on ..... (please enclose copy)

Date: ..... Signature: .....

***A Journey to the Nature of the Body***

Moving and thinking with more flexibility

With the Alexander-Technique you can explore the many ways you think and move. Finding out which habits guide and often interfere with our daily activities and learning how to undo them can be a lot of fun. The Alexander Technique offers a new awareness on how to use the body and our mind more effectively. Once learned, we can apply the principles to all our daily activities. This process helps to reduce neck, back and shoulder tension and at the same time improves breathing, muscle tone, mental focus and relaxes the nervous system.

Every morning we will work together with the group on learning and applying the principles of the Alexander-Technique. Observation, recognition, inhibition and direction will lead us through games of discovering ourselves and the many ways we act.

Decide for the Alexander-Technique and enrich your holiday.

**We can throw away the habit of a lifetime in a few minutes if we use our brains.**

F.M. Alexander (1869-1955)

We will spend the afternoons together in leisure activities like walking, swimming or enjoying ball games in the park of the hotel. Furthermore we will explore the region in the afternoons excursions to touristic places which surround Dobogókő. You can find the excursion programs inside the leaflet.  
**The excursions are facultative at extracost.**

**Teaching languages: English & German**

**Alexander-Technique Training  
in Hungary  
20-26 July, 2003**



**Trainer:**

**Breuninger, Gabriele**  
Auf dem Muehlberg 32a  
Gerrmany, 60599 Frankfurt a.M  
Tel:+49-69-98 97 02 71  
Fax: +49-69-60 32 55 73  
E-Mail: gabriele.breuninger@gmx.net

**Host in Hungary:**

**Kneffel, Zsuzsanna**  
**H-1146 Budapest, Ajtósi Dürer sor 7.**  
Tel-Fax: +36-1-344-0050

**Technical organiser:**

Biszkupné Nánási, Klára  
Altagra Business Services  
Tel: +36-28-432-985

**Place of the training:**

**Dobogókő**, situated 33 km North-West of Budapest, Hotel Pilis

Participants: 12

# Alexander-Technique Training in Dobogókő , Pilis Hotel

## Sunday, 20 July 2003

Arrival of participants

Transfer by LRI shuttle bus service to a central place in Budapest

Transfer to Dobogókő

Registration at the hotel

(participants receive the conference folder including the final programme, information material about Hungary and Budapest, map, writing pad and pen)

18.30 h: Welcome drink and dinner at the hotel.

## Monday, 21 July 2003

Breakfast in the hotel

09.00 – 13.00 Training

Tea, soft drinks and fruit during the break

Lunch

Afternoon: exploring the area – very nice woodlands of Dobogókő forest and views – during a leisure walk with the group. Other leisure activities like swimming and sauna at the hotel pool.

Private lessons or personal training with Gabriele Breuninger can be booked

## Tuesday, 22 July 2003

Breakfast in the hotel

09.00 – 13.00 Training

Tea, soft drinks and fruit during the break

Lunch

Excursion to the Danube Bend (55 EURO incl dinner)

Close to Dobogókő, the Danube changes course. The area is known as Dunakanyar or Danube Bend. First you will visit Esztergom. The town is the center of Hungary's Catholic Church. Esztergom is dominated by the grand 19th century Basilica, whose religious gold items, dating back 1000 years, form the richest treasury in the country. The trip proceeds to Visegrád, once a royal seat of medieval Hungary. Its atmosphere is maintained by the partially restored palace of the Anjou kings of the 14th century. Even more enticing is the fortress ruin overlooking the vast expanse of hills rushing to meet the Danube.

Dinner in the Panorama Restaurant

Transfer back to the hotel

## Wednesday, 23 July 2003

Breakfast in the hotel

09.00 – 13.00 Training

Tea, soft drinks and fruit during the break

Lunch

Late afternoon:

Exkursion to Dömös on the bank of Danube. Grill party with Hungarian hosts in a very nice garden location.

Transfer back to Dobogókő

## Thursday, 24 July 2003

Breakfast in the hotel

09.00 – 13.00 Training

Tea, soft drinks and fruit during the break

Lunch

Excursion to Szentendre (55 EURO incl dinner)

In the beautiful town of Szentendre you can enjoy the vivid Baroque architecture and colors. There will be a visit to the Margit Kovács Museum, which is unique with the very attractive, delicate sculptures of Ms Kovács. The next stop is the open air Ethnographic Museum of Szentendre, where original buildings from all parts of Hungary and their related crafts can be seen. Participants will have a chance to shop. Dinner in a lovely restaurant in Szentendre

Transfer back to the hotel

## Friday, 25 July 2003

Breakfast in the hotel

09.00 – 13.00 Training

Tea, soft drinks and fruit during the break

Lunch

Afternoon: leisure activities or private lessons with Gabriele Breuninger

In the evening farewell dinner in the hotel.

## Saturday, 26 July 2003

Breakfast in the hotel,

Departures to central in Budapest, then to the airport

### Important information:

Final registration date: June, 10<sup>th</sup> 2003

Cost: 100,- Euro course fee

320,- Euro per person (double room)

(300,- Euro when paying before May 10<sup>th</sup>)

30,- Euro extra for single room/week

40,- Euro transfer (Bud.-Dob.-Bud.)

Cancellation after June 10<sup>th</sup>: only 50% refund

Fees include:

Course: - training as given in the programm  
- documentation

Accom: - breakfast (6x) & lunch (5x)

- welcome drink & dinner

- farewell dinner

- dinner at grillparty in Dömös

- tea, soft drinks, fruit during breaks

- conference folder

- information material about Hungary

Account: 1101300011 "Dobogókő"  
Spardabank Frankfurt  
BLZ: 500 905 00  
Swift code: DVBDDEF1