

THE ACCENT METHOD

Thursday 27th and Friday 28th July 2017
plus Monday 15th January 2018

The Light, Friends House
173-177 Euston Road, London, NW1 2BJ

Programme

DAY 1: Thursday 27th July 2017

- 10.00 am Registration and Tea/Coffee
- 10.30 am **The Accent Method – background and rationale**
- 11.30 am Coffee
- 12 noon **Assessing Breathing/ways to set up abdominal breathing**
- 1.00 pm Lunch
- 2.00 pm **Practical session**
- 3.30 pm Tea
- 4.00 pm **Practical session**
- 5.00 pm Close

DAY 2: Friday 28th July 2017

- 9.00 am Signing in and Tea/Coffee
- 9.30 am **Evidence Base**
- 10.15 am **Practical Session**
- 11.00 am Coffee
- 11.30 am **Practical Session**
- 12.30 pm Lunch
- 1.30 pm **Practical Session**
- 3.00 pm Tea
- 3.30 pm **Discussion – Trouble Shooting and Difficult Cases**
- 4.30 pm Close