

Monday, April 1, 2019

Immersive Arts Administration & Alexander Technique Study Internships at the Balance Arts Center

Company: Balance Arts Center
Location: New York, NY

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Develop your professional skills in NYC while having access to daily in-depth study of the Alexander Technique in group & private lessons alongside the BAC Teacher Training Course. The BAC is a fun, interactive, hands-on environment where you will work with arts education programming, administrative skills, production and more! The BAC staff & facility create an environment that facilitates growth and learning and interns receive individual attention while being part of a community surrounded by Alexander students and teachers who are working professionally in a variety of industries including the performing arts.

Internship experiences include:

- Assisting in program management & production
- Administrative duties working with BAC staff
- Space rental & facilities management
- Special projects that suit your specific interests
- Participation in the Alexander Technique Teacher Training Course
- Private lessons with third year trainees
- Application of how the Alexander Technique applies to your field of study

Application & Terms

Please send your cover letter and resume to info@balanceartscenter.com. Include previous work experience and educational background. Select applicants will have an interview with BAC staff in person or over the phone.

A minimum of 3 months commitment is required.

Internships are currently unpaid. We consider your participation in the training course, classes, and private lessons at the BAC part of an equal-value exchange for your work with us.

Testimonials from Former Interns

"As an undergraduate studying dance, my internship at Balance Arts really changed my relationship to my dancing mind-body, and shifted my college path toward a focus in somatic modalities. My winter there came at really critical moment for my body-- during recovery from surgery and during a struggle to dance without pain. What I learned there prepared me for the use of my whole self going forward, and helped me develop the research questions that would eventually guide the rest of my time in college, and my life-long dancing. Despite my newness to the Alexander Technique, Ann was beyond generous with her time, space, and resources."

- Dani Robbins, Bennington College

"My time at the Balance Arts Center gave me a whole new sense of how I use my body and how to think about the ways that I move on a daily basis. I spent my internship working in the office, helping with the move, and taking Alexander Technique Teacher Training classes. At the BAC I was able to work on my self through AT, but also feel like an active member of a tight-knit and supportive team. The BAC was a very inviting space that gave me the opportunity to be in constant conversation about dance and my body. These conversations were not only in class, but also in regular conversation with my coworkers and other students and body workers coming through the BAC. It was an internship like no other, one where I was fully immersed in practicing the Alexander Technique and using my work in the office or other tasks to apply it to my daily life."

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