

Wednesday, September 7, 2011 - Wednesday, February 29, 2012

Alexander Technique

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Alexander Technique looks at the way we carry out our intentions. Often we use a process that is habitual, unconscious and counterproductive. The technique offers a practice of staying open and alert in the moment, observing our familiar tensions and choosing to move without them.

Movement Research
537 Broadway
New York, NY, 10012

Schedule

September 7, 2011: 12:30pm
September 14, 2011: 12:30pm
September 21, 2011: 12:30pm
September 28, 2011: 12:30pm
October 5, 2011: 12:30pm

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