

February 3 - August 31, 2016

## Alexander Technique

Company: Movement Research  
Venue: Gibney Dance Center  
Location: New York, NY

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Alexander Technique

February 3 – August 31

WED 2-4pm

Gibney 280 Broadway

February Sarah White-Ayón

March 2, 9, 16 Emily Faulkner

March 23, 30 TBA

April-May Emily Faulkner

June-July Rachel Bernsen

August TBA

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. Beginning with the assumption that we are perfectly designed for movement and balance, we engage our mind to undo layers of interference, creating opportunity for change.

Rachel Bernsen is a dance artist and educator, nationally certified in Alexander Technique, M.AmSAT. Committed to an interdisciplinary practice, she collaborates and performs on various projects with other choreographers, visual artists and composers. Bernsen has taught at Trinity, Yale, Wesleyan, Miami-Dade College Live Arts Lab, and the Moscow Dance Agency TsEKH. [www.rachelbernsen.com](http://www.rachelbernsen.com)

Emily Faulkner is a dancer, improviser, choreographer and teacher. AmSAT certified Alexander teacher since 1999, movement coach for Steady Buckets, a youth basketball league. She has taught at Wesleyan University, ACAT and Balance Arts. Her choreography has been shown nationally and internationally. Additionally, she edits and directs films. [www.emilyfaulkner.com](http://www.emilyfaulkner.com)

Sarah White-Ayón teaches classes in the Alexander Technique at various schools throughout NYC including Balance Arts Center, Movement Research, CLASSCLASSCLASS, Parson's School of Design, and NYU. She works with students in a thoughtful and dedicated manner to help them become aware of individual habits and patterns that often interfere with easy, efficient movement and balance.

Movement Research  
280 Broadway  
New York, NY, 10007  
\$14

Schedule  
February 2, 2016: 8:00pm

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