

FOR AUDIENCES

Community Calendar

Volunteering

November 7 - December 19, 2018

Alexander Technique

Company: Movement Research Location: New York, NY

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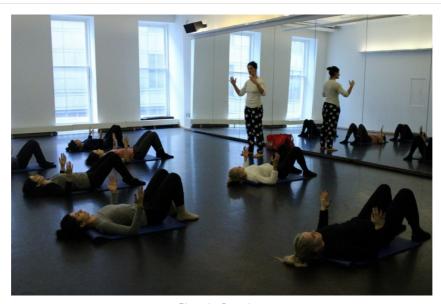


Photo by Daim Lee

Alexander Technique

November 7 - December 19

WED 2-4pm

MR@Gibney 280 Broadway

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.

See the <u>full calendar for up to date class listings</u> Classes are taught by rotating faculty.

Movement Research 280 Broadway (Enter at 53A Chambers Street) New York, NY, 10007 2125980551

November 7, 2018: 2:00pm November 14, 2018: 2:00pm November 21, 2018: 2:00pm November 28, 2018: 2:00pm December 5, 2018: 2:00pm

more

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