

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 [full calendar for up to date class listings](#). Classes are taught by rotating faculty.

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

Schedule  
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  
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