

Friday, July 19, 2019

## Alexander Technique

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

► [Share](#) | [Print](#) | [Download](#)



Daim Lee

### ALEXANDER TECHNIQUE

WED 2-4pm

Gibney Dance at 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.

Accessibility: Please contact Julianne Rencher, [juliennerencher@movementresearch.org](mailto:juliennerencher@movementresearch.org) or (212) 598-0551 (voice only) for access requests or questions.

*\*\*All classes are subject to change. For the most up-to-date information, please consult the Movement Research calendar: <https://movementresearch.org/calendar>.*

Movement Research  
280 Broadway  
New York, NY, 10007

Schedule  
July 19, 2019: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)