October, 3-31, 2012

Alexander Technique - Clare Maxwell

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. 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. 12:30-2PM, classes are $14 each.

Movement Research
537 Broadway (between Prince & Spring Streets) 4th Floor
New York, NY

Schedule
October 3, 2012: 12:30pm
October 10, 2012: 12:30pm
October 17, 2012: 12:30pm
October 24, 2012: 12:30pm
October 31, 2012: 12:30pm

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