

December, 5-19, 2012

Alexander Technique - Emily Faulkner

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 (no class Dec 26) classes are \$14 each.

Movement Research

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

Schedule

December 5, 2012: 12:30pm
December 12, 2012: 12:30pm
December 19, 2012: 12:30pm

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