

January 13 - July 28, 2026

## Alexander Technique Group Class - In Person

Company: Balance Arts Center  
Venue: Balance Arts Center  
Location: New York, NY

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Curious about the Alexander Technique and want to learn more? Join us in person for our Alexander Technique Group Weekly Class! Class will be led by Ann Rodiger, BAC Faculty, and assisted by BAC teacher training students. Classes will explore basic principles of the Alexander Technique that guide you toward finding a better balance and dynamic body posture that you will learn to apply to all of your activities. These classes will help you discover how to interact with yourself and your environment in an easier and more efficient manner. You will leave with specific ideas to help you approach your thinking and movement in your daily life. All are welcome.

Class Fee: \$25

Registration is required at [balanceartscenter.com/class](http://balanceartscenter.com/class).

Balance Arts Center  
151 W 30th St 3rd floor  
New York, NY, 10001  
646-812-5390  
<http://balanceartscenter.com/class>

Schedule  
January 13, 2026: 7:00pm  
January 20, 2026: 7:00pm  
January 27, 2026: 7:00pm  
February 3, 2026: 7:00pm  
February 10, 2026: 7:00pm  
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