

September, 5-26, 2012

## Alexander Technique - Joan Arnold

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  
September 5, 2012: 12:30pm  
September 12, 2012: 12:30pm  
September 19, 2012: 12:30pm  
September 26, 2012: 12:30pm

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