

June, 3-24, 2015

Alexander Technique - Rachel Bernsen

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

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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.

Movement Research
280 Broadway
New York, NY, 10007
\$14

<http://movementresearch.org/classesworkshops/classdescriptions/#cw1138>

Schedule
January 26, 2015: 8:00pm

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