

February, 6-27, 2013

Alexander Technique - Sabine Heubusch

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
February 6, 2013: 12:30pm
February 13, 2013: 12:30pm
February 20, 2013: 12:30pm
February 27, 2013: 12:30pm

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