

April 1 - May 27, 2015

## Alexander Technique - Sarah White-Ayón

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

► [Share](#) | [Print](#) | [Download](#)

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/#cw1137>

Schedule  
January 26, 2015: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)