

May, 1-29, 2013

Alexander Technique - Shelley Senter

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
May 1, 2013: 8:00pm
May 8, 2013: 8:00pm
May 15, 2013: 8:00pm
May 22, 2013: 8:00pm
May 29, 2013: 8:00pm

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