

March, 2-30, 2022

## Alexander Technique Tune Up for Dancers - In Person 5 Class Series

Company: Balance Arts Center  
Venue: Balance Arts Center  
Location: New York, NY

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As a dancer, knowing HOW you move is key to owning your performance and being confident and successful in your work. This series of classes, taught through the focus of FM Alexander's Work, provides a way of subtly refining your present thinking and physical tone.

Even if you're new to the Alexander Technique, you can improve your current level of dance technique with the AT principles and a clearer understanding of your dancing anatomy.

Bring your technical and performance dance questions to class and receive individual attention in exploring strategies to work with them toward improving your ease, balance, coordination, and ultimate longevity as a dancer.

- I. Fine Tune Your Barre Work (March 2)
- II. Refine Your Adagio (March 9)
- III. Tweak Your Pirouettes (March 16)
- IV. Polish Your Petite Allegro (March 23)
- V. Touch Up Your Grand Allegro (March 30)

This 5 Class Series runs every Wednesday in March from 6-7pm EST. Classes will take place in person at the Balance Arts Center.

Class Series Fee: \$100

Registration is required at: [balanceartscenter.com/class](http://balanceartscenter.com/class)

Balance Arts Center  
151 W. 30th St, 3rd Floor  
New York, NY, 10001  
6468125390  
<http://balanceartscenter.com/class>

Schedule  
March 2, 2022: 6:00pm  
March 9, 2022: 6:00pm  
March 16, 2022: 6:00pm  
March 23, 2022: 6:00pm  
March 30, 2022: 6:00pm

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