

January, 4-8, 2021

## Alexander Technique Winter Intensive

Company: Balance Arts Center

Venue: Zoom!

Location: New York, NY

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A 5-day program for self-discovery in the Alexander Technique!

Join us for a week-long intensive to deepen your understanding and embodiment of the Alexander Technique. The Balance Arts Center faculty will guide you to a new and more nuanced understanding of how the AT process as taught at the BAC can help you enhance every aspect of your life and art form.

Winter Intensive features include: AT Masterclass with Ann Rodiger, Daily Breakout Session with participating faculty, Optional Private Sessions with participating faculty, and Scholarship Opportunities.

Tuition starts at \$375. Early Bird Rates Available through December 1st!

Online & in person participation options available.

Registration required at: <https://www.balanceartscenter.com/winter-intensive>

Balance Arts Center  
151 W. 30th St, 3rd Floor  
New York, NY, 10001  
646-812-5390

<https://www.balanceartscenter.com/winter-intensive>

### Schedule

January 4, 2021: 10:00am  
January 5, 2021: 10:00am  
January 6, 2021: 10:00am  
January 7, 2021: 10:00am  
January 8, 2021: 10:00am

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