

March, 13-15, 2026

## BAC's Virtual Global Alexander Technique Conference

Company: Balance Arts Center

Venue: Zoom

Location: New York, NY

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Join the Balance Arts Center in our second annual spring global conference on the Alexander Technique. BAC graduates from all over the world will come together to present workshops in their areas of interest and fields of expertise.

We have over 30 workshops available! And our conference schedule accommodates students in different time zones and various languages. Everyone is welcome!

The conference will run Friday, March 13th through Sunday, March 15th.

The all-inclusive conference pass is \$115. Individual workshops and flow classes are \$20 each. In an effort to make the AT work accessible, panels and lie downs are free of charge.

To learn more, purchase a conference pass, or register for workshops, visit [balanceartscenter.com/virtual-conference](https://www.balanceartscenter.com/virtual-conference)

Balance Arts Center  
151 W 30th ST 3rd floor  
New York, NY, 10001  
646-812-5390  
<https://www.balanceartscenter.com/virtual-conference>

Schedule  
March 13, 2026: 10:00am  
March 14, 2026: 9:30am  
March 15, 2026: 9:30am

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