

October, 22-23, 2022

Balance Arts Center: Alexander Technique Fall Intensive

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

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A 2-Day Intensive in the Alexander Technique!

Join us this October to refresh and deepen your understanding and embodiment of the Alexander Technique. The Balance Arts Center faculty will guide you to a nuanced understanding of how the AT process as taught at the BAC can help you enhance every aspect of your life and art form.

Saturday October 22nd & Sunday October 23rd, 10am-5pm daily.

Fall Intensive features include:

- Daily Masterclasses with Ann Rodiger
- Online & In-Person participation options
- Optional Private Sessions with participating faculty
- Scholarship opportunities available!

Learn more and register at: balanceartscenter.com/fall-intensive

Balance Arts Center
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<http://balanceartscenter.com/fall-intensive>

Schedule
October 22, 2022: 10:00am
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