

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](http://balanceartscenter.com/fall-intensive)

Balance Arts Center  
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Schedule  
October 22, 2022: 10:00am  
October 23, 2022: 10:00am

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