

Monday, January 5, 2026

Balance Arts Center Alexander Technique Winter Intensive

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

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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.

Through this Intensive you will learn how to:

- Improve your posture, breathing, balance, and coordination
- Increase your focus and self-awareness
- Build strategies for relief from chronic pain, tension and strain
- Improve your vocal production
- Increase your performance presence

Scholarships and CTLE Credits available! Registration is due January 2nd, by 2pm EST.

Registration is required at balanceartscenter.com/winter-intensive.

Balance Arts Center
151 W 30th St 3rd floor
New York, NY, 10001
646-812-5390
<http://balanceartscenter.com/winter-intensive>

Schedule
January 5, 2026: 10:00am

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