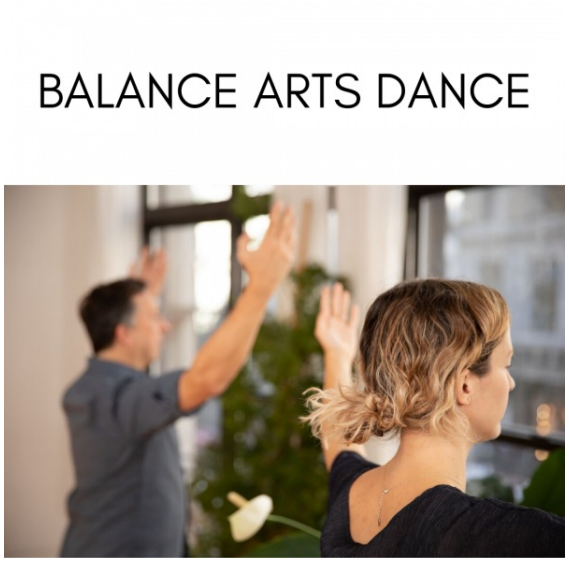
September 12 - December 19, 2019

# Balance Arts Dance

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

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Apply principles of the Alexander Technique to all aspects of our dance practice in this class. While exploring both technical and improvisational forms, we will consider various means to prepare for dancing, to expand our awareness of presence and embodiment and to illuminate the ways that we use our whole selves to create space for choice and change. We will also look at effective practices for injury prevention, self-care, recuperation and rest. All to give us tools for finding less tension and effort and more ease and freedom in our dancing. These classes are informed and influenced by your current curiosities and questions around dancing and performing.

Balance Arts Center
151 W 30th St 3rd Fl
New York, NY, 10001
https://balancearts.as.me/?appointmentType=10208202

Schedule
September 12, 2019: 6:00pm
September 19, 2019: 6:00pm
September 26, 2019: 6:00pm
October 3, 2019: 6:00pm
October 10, 2019: 6:00pm
more

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