

## FOR AUDIENCES

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September 9 - December 19, 2019

## Balance Arts Fundamentals in Flow

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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FUNDAMENTALS IN FLOW

Establish a calm, gentle, and balanced alignment on your back through your breath and spatial awareness, and then explore fundamental movements from that deepened mindful state. Spend time on your front, all fours, and then intentionally move to standing. Practice your balance and weight mobilization. Utilize your new understandings and insights in practical application and movement games. The class is taught through the Alexander Technique lens that provides you with a learning process for change and development.

Balance Arts Center  
151 W 30th St 3rd Fl  
New York, NY, 10001  
646-812-5390  
<https://balancearts.as.me/?appointmentType=8289173>

Schedule  
September 9, 2019: 5:00pm  
September 12, 2019: 10:00am  
September 16, 2019: 5:00pm  
September 19, 2019: 10:00am  
September 23, 2019: 5:00pm  
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