February 3 - May 25, 2020

Ballet + Alexander Technique = bAlleT

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

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This is a beginning/intermediate level ballet class that combines both the principles of classical ballet and the Alexander Technique which leads to the free-flow of easy, efficient movement, as well as clear dynamic actions. The class is designed for students to discover the "how" and allows for the time to notice, and, ultimately, to consciously apply these principles before, during and after moving. Each class may include a short "lie-down," a barre, center work, grand allegro, and exploration and discussion of anatomy.

Class meets weekly on Mondays 6-7:30pm, all are welcome!

Balance Arts Center
151 W. 30th Street, Floor 3
New York, NY, 10001
6468125390
https://balancearts.as.me/schedule.php?appointmentType=10208202

Schedule
February 3, 2020: 6:00pm
February 10, 2020: 6:00pm
February 17, 2020: 6:00pm
February 24, 2020: 6:00pm
March 2, 2020: 6:00pm
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