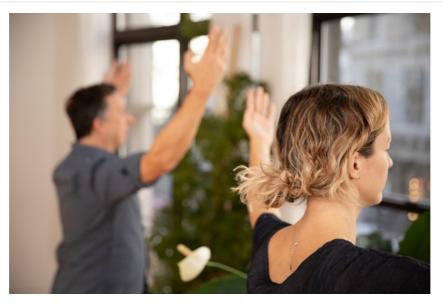


January, 4-8, 2021 Ballet + Alexander Technique = bAlleT

Company: Balance Arts Center Venue: Zoom! Location: New York, NY ▶ Share | Print | Download



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.

This class runs Monday January 4th - Friday January 8th from 1:30 - 2:30pm EST.

Registration required: https://www.balanceartscenter.com/winter-intensive

Balance Arts Center	Schedule
151 W. 30th St, 3rd Floor	January 4, 2021: 1:30pm
New York, NY, 10001	January 5, 2021: 1:30pm
6468125390	January 6, 2021: 1:30pm
	January 7, 2021: 1:30pm
	January 8, 2021: 1:30pm

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