

January, 4-8, 2021

## Ballet + Alexander Technique = bAlleT

Company: Balance Arts Center

Venue: Zoom!

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.

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  
151 W. 30th St, 3rd Floor  
New York, NY, 10001  
6468125390

Schedule  
January 4, 2021: 1:30pm  
January 5, 2021: 1:30pm  
January 6, 2021: 1:30pm  
January 7, 2021: 1:30pm  
January 8, 2021: 1:30pm

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