

Sunday, October 29, 2017 - Sunday, January 21, 2018

Body & Mind Awareness Class

Company: Ballet Arts
Venue: Ballet Arts
Location: Manhattan, NY

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This class focuses on creating a connection between the mind and body through a series of meditation including 'awareness of breath', 'deep relaxation', 'calm the mind' and 'expanding spine'. It creates a peaceful meditation environment by guiding students to feel their bodies and the space.

The class starts with the students laying on the floor with eyes closed. There they focus on breathing, feeling the body and the space around them according to teacher's instruction. Then, through a slow combination of movements starting with spine, each body part is encouraged to move focusing on engagement of the spine and pelvis. Every movement will be guided to use the breath without forcing the body. The class ends with a final meditation focusing on the breath.

Each step helps students understand how their bodies and minds can work together in harmony. Especially, it facilitates them to move in accordance with their own natural body shape without pain, forcing, pressure.

It can benefit to reduce back pain, relieve tension and release the stress.

All levels and experiences are welcome.

SUNDAY 9:00-10:30am / \$17 (Union \$16)

Ballet Arts @City Center 6fl. (130west 56th street)

Ballet Arts
130 west 56th street #6
Manhattan, NY, 10019

Schedule
October 29, 2017: 9:00am
November 5, 2017: 9:00am
November 12, 2017: 9:00am
November 19, 2017: 9:00am
November 26, 2017: 9:00am
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