

Saturday, January 11, 2025

Embodiment Intensive through the Alexander Technique Lens

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

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Increase your ability to embody yourself through fine tuning your own body!

In this one-day Embodiment Intensive we will explore how you can best stay with your self by inhabiting your full field of awareness. You will learn how you interact and participate with the environment you inhabit, be it a workplace, street corner, or the stage. Join us for a day of discovery!

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This intensive has the option to participate online or in person at the Balance Arts Center in NYC.

Early Bird Discount and CTLE Credits available!

Learn more and register at: balanceartscenter.com/embodiment-intensive

Balance Arts Center
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New York, NY, 10001
6468125390
<http://balanceartscenter.com/embodiment-intensive>

Schedule
January 11, 2025: 10:00am

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