

## FOR AUDIENCES

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Wednesday, December 7, 2022

## Free Online Introduction to the Alexander Technique

Company: Balance Arts Center

Venue: Zoom

Location: New York, NY

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Curious about the Alexander Technique? Join this free online Introduction to the Alexander Technique class! Class will explore basic principles of the Alexander Technique that guide you toward finding a better balance and dynamic body posture that you will learn to apply to all of your activities. This class will help you begin to discover how to interact with yourself and your environment in an easier and more efficient manner. You will leave with specific ideas to help you approach your thinking and movement in your daily life. All are welcome.

Wednesday, December 7th 2022 from 6-7pm ET.

This class is FREE and takes place on Zoom.

Registration is required at: [balanceartscenter.com/class](http://balanceartscenter.com/class)

Balance Arts Center  
151 W. 30th St, 3rd Floor  
New York, NY, 10001  
6468125390  
<http://balanceartscenter.com/class>

Schedule  
December 7, 2022: 6:00pm

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