

Monday, March 9, 2026

## Free Online Introduction to the Alexander Technique and the BAC

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

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Curious about the Alexander Technique and the Balance Arts Center? Join this Free Online Introduction! 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.

This class is FREE and takes place on Zoom.

Email [info@balanceartscenter.com](mailto:info@balanceartscenter.com) for more information.

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

Balance Arts Center  
151 W 30th St 3rd floor  
New York, NY, 10001  
646-812-5390  
<http://balanceartscenter.com/class>

Schedule  
March 9, 2026: 6:00pm

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