

FOR AUDIENCES

[Community Calendar](#) [Artist Directories](#) [Networks](#) [Donate](#) [Volunteering](#)

Friday, June 14, 2019

Freedom to Teach

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York , NY

► [Share](#) | [Print](#) | [Download](#)



Audre Wirtanen

This workshop is designed for drama and dance teachers who would like to enhance their teaching & artistic skills through intensive study of the Alexander Technique. Studying the AT processes of building awareness and choice, thinking in activity, and body-mind integration will inspire and enhance participants' teaching and own artistic skill.

Part self-care, part Professional Development, each day will include Alexander Technique group class, half hour private AT lessons, and afternoon breakout workshops to help you put principals into practice in your own teaching. Evenings are free so that participants can explore the art scene in NYC.

Our faculty are Alexander Technique Teachers with artistic practices, who apply the AT principles to the art of teaching as well as their own artistic disciplines. They are currently teaching at such schools as NYU Grad Acting, The New School, The American Academy of Dramatic Arts, Movement Research, Bennington College, The Balance Arts Center, Lincoln Center Education, and more. To learn more, visit www.freedomtoteachbac.com/faculty.

The workshop will be held at the new Balance Arts Center where we have expanded facilities to teach, explore and perform in a setting where the main focus and offering are lessons, courses, and events based on the Alexander Technique.

No previous Alexander Technique experience is necessary. The Workshop is limited to 20 participants. Register by May 1 for 10% discount. Email Tracy: tracy@balanceartcenter.com for inquiries.

Balance Arts Center
151 W 30th street, 3rd fl apt. 1
New York , NY, 10001
<https://balanceartcenter.myshopify.com/collections/frontpage/products/freedom-to-teach>

Schedule
June 14, 2019: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)