

January 6 - May 25, 2020

## Fundamentals in Flow

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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Establish a calm, gentle, and balanced alignment on your back through your breath and spatial awareness, and then explore fundamental movements from that deepened mindful state. Spend time on your front, all fours, and then intentionally move to standing. Practice your balance and weight mobilization. Utilize your new understandings and insights in practical application and movement games. The class is taught through the Alexander Technique lens that provides you with a learning process for change and development.

Balance Arts Center  
151 W. 30th Street, Floor 3  
New York, NY, 10001  
6468125390

<https://www.balanceartsat.com/descriptions>

### Schedule

January 6, 2020: 5:00pm  
January 13, 2020: 5:00pm  
January 20, 2020: 5:00pm  
January 27, 2020: 5:00pm  
February 3, 2020: 5:00pm

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