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
more

< back

previous listing • next listing