

## FOR AUDIENCES

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Saturday, September 24, 2022

## Let Your Breath Breathe You - In Person Workshop

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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Allowing our breath to be free and easy is something we can learn and practice. In this workshop we will look at the anatomy of breathing as well as ways of thinking to optimize your breathing. In this process you will discover your habits and be able to direct yourself toward freer airflow. You will receive individual attention and guidance verbally and with hands-on teaching. This workshop is for everyone in every situation - we all breathe!!!!

Saturday, September 24 from 3-5pm ET.

Workshop Fee: \$45

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  
September 24, 2022: 3:00pm

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