

May, 18-19, 2019

## The Art of Balance with Wolfgang Weiser (Tightrope)

Company: AT Motion

Venue: AT Motion - Balance Arts Center

Location: New York, NY

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Ralf Hiermisch

Saturday May 18th, 10:30 am - 5:00 pm; Sunday May 19th, 11:00 am - 4:30 pm

This workshop will provide you with new ideas and experiences regarding balance, coordination and movement. By engaging in unfamiliar activities, we create new possibilities for working with the principles of the Alexander Technique. We will explore balancing on the ground while holding an object, balancing on a balance board and even balancing on a tightrope. Day 1 is geared towards performing artists and the AT community; Day 2 to AT teachers, movement educators and advanced students. Contact: [atmotionoffice@gmail.com](mailto:atmotionoffice@gmail.com) or [emily.a.faulkner@gmail.com](mailto:emily.a.faulkner@gmail.com)

AT Motion  
151 West 30th Street 3rd Floor  
New York, NY, 10001  
(917) 753-062

<https://www.alextechmotion.com/master-class-with-wolfgang-weiser>

### Schedule

May 18, 2019: 10:30am

May 19, 2019: 11:00am

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