

January 12 - July 27, 2026

Virtual Alexander Technique Group Class

Company: Balance Arts Center
Venue: Zoom
Location: New York, NY

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Curious about the Alexander Technique and want to learn more? Join us online for our Alexander Technique Group Weekly Class! Classes will explore basic principles of the Alexander Technique that guide you toward finding a better balance and dynamic body posture that you will learn to apply to all of your activities. These classes will help you discover how to interact with yourself and your environment in an easier and more efficient manner.

Class Fee: \$20

This class takes place on Zoom every Monday from 8:30-9:25am ET.

Registration is required at balanceartscenter.com/class.

Balance Arts Center
151 W 30th St 3rd floor
New York, NY, 10001
646-812-5390
<http://balanceartscenter.com/class>

Schedule
January 12, 2026: 8:30am
January 19, 2026: 8:30am
January 26, 2026: 8:30am
February 2, 2026: 8:30am
February 9, 2026: 8:30am
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[previous listing](#) • [next listing](#)