July 14 - September 29, 2020

Age-Defying Therapeutic Stretches

Company: Ailey Extension
Location: New York, NY

▶ Share | Print | Download



Join Finis Jhung for Age Defying Therapeutic Stretches each Tuesday at 10:30amET!

Improve your balance, relax tense muscles, restore mobility and flexibility, and calm your mind with slowly paced doable exercises done both sitting and standing. This artfully designed series of deceptively simple stretches literally works the musculature of the entire body from head to toe – while requiring a focused mind attentive to the details of each movement. The class is rooted in the dancer's warmup Finis developed during more than six decades as dancer and teacher that will inspire minor miracles in your body and soul.

Dress for ballet or yoga or exercise class. No shoes required. For best results, face a mirror so you can see what you are doing. You will need a firm chair or stool with a sturdy seat that can bend over and place your hands on to support your weight.

Ailey Extension
Virtual
New York, NY, 10019
https://www.aileyextension.com/calendar

Schedule
July 14, 2020: 10:30am
July 21, 2020: 10:30am
July 28, 2020: 10:30am
August 4, 2020: 10:30am
August 11, 2020: 10:30am
more

< back

previous listing • next listing