

Wednesday, September 7, 2011 - Wednesday, February 29, 2012

## Alexander Technique

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Alexander Technique looks at the way we carry out our intentions. Often we use a process that is habitual, unconscious and counterproductive. The technique offers a practice of staying open and alert in the moment, observing our familiar tensions and choosing to move without them.

Movement Research  
537 Broadway  
New York, NY, 10012

### Schedule

September 7, 2011: 12:30pm  
September 14, 2011: 12:30pm  
September 21, 2011: 12:30pm  
September 28, 2011: 12:30pm  
October 5, 2011: 12:30pm

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