

Wednesday, September 14, 2016 - Wednesday, February 22, 2017

Alexander Technique

Company: Movement Research
Venue: Gibney Dance
Location: New York City, NY

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Alexander Technique with Sarah White Ayón by Daim Lee

[Alexander Technique](#)

September 14 – February 22

WED 2-4pm

Gibney 280

\$14

No class November 23

Teacher Schedule:

September & October Adele Nickel | November & December Clare Maxwell | January & February Sarah White Ayón

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. Beginning with the assumption that we are perfectly designed for movement and balance, we engage our mind to undo layers of interference, creating opportunity for change.

Adele Nickel is a dancer and nationally certified teacher of the Alexander Technique. She trained at Riverside Initiative (RIAT), where she's now assistant faculty and teaches anatomy. She also teaches privately in Manhattan. Her most recent work is with Annie-B Parson for St. Vincent, and with Liz Gerring Dance Company (2007-2015).

Clare Maxwell leads workshops in the US and abroad and maintains a private practice in NYC. The Alexander Technique became her root practice after she discovered it with Eva Karczag. Clare is developing a new body mapping system based on the structure and evolution of the central nervous system.

Sarah White-Ayón teaches classes in the Alexander Technique at various schools throughout NYC including Balance Arts Center, Movement Research, CLASSCLASSCLASS, Parson's School of Design, and NYU. She works with students in a thoughtful and dedicated manner to help them become aware of individual habits and patterns that often interfere with easy, efficient movement and balance.

Movement Research
280 Broadway
New York City, NY, 10007
<https://movementresearch.org/event/3491>

Schedule
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