

Wednesday, February 2, 2022

## Alexander Technique for Dancers - Online Class

Company: Balance Arts Center

Venue: Zoom!

Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)



Learn how to find better balance and coordination of your whole body in action. In this class we will practice finding the ground, sensing the rebound, and improving your spatial thinking and awareness. Bring questions about specific movements! We'll talk about how to be present in rehearsal and on stage.

This online class will take place on Zoom.

Class Fee: \$10

Registration is required at: [balanceartscenter.com/class](http://balanceartscenter.com/class)

Balance Arts Center  
151 W. 30th St, 3rd Floor  
New York, NY, 10001  
6468125390  
<http://balanceartscenter.com/class>

Schedule  
February 2, 2022: 6:00pm

[< back](#)

[previous listing](#) • [next listing](#)