

December, 4-18, 2013

## Alexander Technique with Allison Folley

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. The technique offers a practice of staying open and alert in the moment, observing our familiar tensions and choosing to move without them. WED 12:30-2pm. Classes are \$14 each.

Movement Research  
537 Broadway, 4th Floor  
New York, NY, 10012

<http://www.movementresearch.org/classesworkshops/calendar/index.php>

### Schedule

December 4, 2013: 12:30pm

December 11, 2013: 12:30pm

December 18, 2013: 12:30pm

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