

September, 11-25, 2013

Alexander Technique with Joan Arnold

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, 4th Floor
New York, NY, 10012

Schedule

September 11, 2013: 8:00pm

September 18, 2013: 8:00pm

September 25, 2013: 8:00pm

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