

May 7 - June 25, 2014

Alexander Technique with Shelley Senter

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. 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.

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

\$14

<http://movementresearch.org/classesworkshops/classdescriptions/#cw992>

Schedule

May 7, 2014: 12:30pm

May 14, 2014: 12:30pm

May 21, 2014: 12:30pm

May 28, 2014: 12:30pm

June 4, 2014: 12:30pm

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