

Wednesday, June 3, 2020

Alexander with Fabio Tavares

Company: Movement Research
Venue: Movement Research Online
Location: New York, NY

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Movement Research is excited to offer

Alexander Technique with Fabio Tavares online via Zoom

Wednesdays in June 2pm-3pm EDT

Registration is required for MR online classes. Once you register, you'll receive a link to join the session.

[Register here!](#)

About this class:

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.

What you need for class:

A place to lie down on the floor. If you don't have a lot of space, no problem. Play with the objects in your way. Soften your body so that you contact things gently and safely.

Movement Research Zoom Etiquette:

Since many of us are new to taking class on Zoom, MR has compiled some etiquette guidelines to ensure that everyone's time in class is full and respected.

- 1) We ask that you "mute" yourself at all times, unless Faculty has asked you to verbally participate.
- 2) If you're dropping in to see how this class might suit you, please keep your video off. Send a message to just your instructor ("Chat" > "Chat with Host") so that they know that this is what you're doing. It can be disorienting for both your instructor and fellow participants to see a video that is turned off, or one in which someone is inattentive.
- 3) Have a question or concern? Use the chat function to communicate with the class and/or teacher.

Thank you! We hope you enjoy class!

Movement Research
150 First Ave
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<https://movementresearch.org/event/14168>

Schedule
June 3, 2020: 2:00pm

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