September 9 - December 19, 2019

Balance Arts Fundamentals in Flow

Company: Balance Arts Center
Venue: Balance Arts Center
Location: New York, NY

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Establish a calm, gentle, and balanced alignment on your back through your breath and spatial awareness, and then explore fundamental movements from that deepened mindful state. Spend time on your front, all fours, and then intentionally move to standing. Practice your balance and weight mobilization. Utilize your new understandings and insights in practical application and movement games. The class is taught through the Alexander Technique lens that provides you with a learning process for change and development.

Balance Arts Center
151 W 30th St 3rd Fl
New York, NY, 10001
646-812-5390
https://balancearts.as.me/?appointmentType=8289173

Schedule
September 9, 2019: 5:00pm
September 12, 2019: 10:00am
September 16, 2019: 5:00pm
September 19, 2019: 10:00am
September 23, 2019: 5:00pm
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