September 14 - December 21, 2021

Balance Arts Introduction to the Alexander Technique - In Person Weekly Class

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

▶ Share | Print | Download



Curious about the Alexander Technique and want to learn more? Join our Introduction to the Alexander Technique weekly class! Class will be led by Ann Rodiger, BAC Faculty, and assisted by BAC teacher training students. Classes will explore basic principles of the Alexander Technique that guide you toward finding a better balance and dynamic body posture that you will learn to apply to all of your activities. These classes will help you discover how to interact with yourself and your environment in an easier and more efficient manner. You will leave with specific ideas to help you approach your thinking and movement in your daily life. All are welcome.

Tuesdays starting September 14, 2021 from 7:00 PM-8:30 PM EST.

Class Fee: $25

Registration is required at: balanceartscenter.com/class

Balance Arts Center
151 W. 30th St, 3rd Floor
New York, NY, 10001
6468125390
http://balanceartscenter.com/class

Schedule
September 14, 2021: 7:00pm
September 21, 2021: 7:00pm
September 28, 2021: 7:00pm
October 5, 2021: 7:00pm
October 12, 2021: 7:00pm
more

< back

previous listing • next listing