

September 2 - December 16, 2014

Barbara Mahler-Klein Technique™

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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We are not just a body or a mind. We are unique individuals with spirit and intelligence. The work we do in class engages us in a process to facilitate change. We work to right the pelvis on top of the legs, to free the upper body and spine to move with ease and expression. We work on the level of the bone, to let go of unnecessary tension, and habits which hold our bodies and minds in misalignment and misconception. We work to find better function, creativity, and well-being.

Movement Research
537 Broadway 4th Floor
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\$14
<http://movementresearch.org>

Schedule
August 25, 2014: 8:00pm

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