Monday, September 20, 2021

Free Online Introduction to the Alexander Technique

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

▶ Share | Print | Download



Curious about the Alexander Technique? Join this free online Introduction to the Alexander Technique class! Class 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. This class will help you begin to 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.

September 20th, 7-8pm EST.

This class is FREE and takes place on Zoom.

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 20, 2021: 7:00pm

< back

previous listing • next listing