

## FOR AUDIENCES

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November, 1-3, 2019

### Freedom to Move: A Conference on Dance & the Alexander Technique

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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Zack DeZon

Take the Alexander Technique into action with the Freedom to Move 2019 conference. Movement comes in many forms and each presenter will offer their unique insights and interests into how the Alexander Technique and movement connect. The Alexander Technique is fundamental to both a dancer's development, artistry and longevity in their career. In this conference, faculty will give dancers and performing artists ideas and experiences that allow them to continue development and work with themselves, move towards achieving their goals, an understanding around injury prevention and self-care, and promote a greater sense of the whole.

No previous dance or movement necessary. Everyone is welcome!

For more information visit [freedomtomovebac.com](http://freedomtomovebac.com).

Balance Arts Center  
151 W 30th St 3rd Fl  
New York, NY, 10001  
<https://balanceartscenter.myshopify.com/products/freedom-to-move-2019>

Schedule  
November 1, 2019: 6:30pm  
November 2, 2019: 10:00am  
November 3, 2019: 10:00am

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