

Monday, June 10, 2019

Freedom to Teach

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

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This workshop is designed for drama and dance teachers who would like to enhance their teaching skills through intensive study of the Alexander Technique. Each day will include Alexander Technique group class, private lessons, and break-out sessions for each discipline.

Alexander Technique

Optimal Use

Staying with Yourself

Inhibition & Direction

Stimulus & Response

Language Use

Dance

Learning Movement

Mobilizing Weight

Floor Work

Hip Joints & Turnout

Spacial Awareness

Drama

High Stakes Scenes

Voice

Theatrical Clown

Audition

Spacial Awareness

Location Balance Arts Center, 151 W 30th St, 3rd Fl
Contact tracy@balanceartscenter.com
Fee \$750
Registration www.freedomtoteachbac.com

Faculty Sheila Bandyopadhyay, Rebecca Brooks, Tracy Einstein, Kim Jessor,
Eva Karczag, Alice MacDonald, Ann Rodiger, Jean E. Taylor, Sarah White Ayón

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Schedule
June 10, 2019: 10:00am

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