

January 6 - May 25, 2020

Fundamentals in Flow

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

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Establish a calm, gentle, and balanced alignment on your back through your breath and spatial awareness, and then explore fundamental movements from that deepened mindful state. Spend time on your front, all fours, and then intentionally move to standing. Practice your balance and weight mobilization. Utilize your new understandings and insights in practical application and movement games. The class is taught through the Alexander Technique lens that provides you with a learning process for change and development.

Balance Arts Center
 151 W. 30th Street, Floor 3
 New York, NY, 10001
 6468125390
<https://www.balanceartsat.com/descriptions>

Schedule
 January 6, 2020: 5:00pm
 January 13, 2020: 5:00pm
 January 20, 2020: 5:00pm
 January 27, 2020: 5:00pm
 February 3, 2020: 5:00pm
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