

September 8 - December 17, 2015

Klein Technique™ with Barbara Mahler - for movers of all kinds

Company: Movement Research
Venue: 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 in class engages us in a process that facilitates change. We work to right the pelvis on top of the legs, with the deep connections closest to the bones, and free the upper body and spine to move with ease and expression. Working on the level of the bone, we can let go of unnecessary tensions and habits which hold our bodies and minds in misalignment and misconception. Here we find better function, creativity, and well-being. NO CLASS NOVEMBER 26.

Movement Research
537 Broadway
New York , NY, 10012
\$14

Schedule
August 22, 2015: 8:00pm

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