

Saturday, November 16, 2024

## Sun Salutations Through the AT Lens - In Person Workshop

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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Looking to find more flow and ease in your yoga practice? Refine your Sun Salutation through body mechanics, counterbalance and connectivity as presented in the Alexander Technique! During the workshop we will explore each portion of the sequence and how to best transition from one pose to the next. The class will conclude with rest and recuperation. Each participant will receive individual guidance during the class.

Workshop Fee: \$85

Registration is required at: [balanceartscenter.com/class](http://balanceartscenter.com/class)

Balance Arts Center  
151 W. 30th St, 3rd Floor  
New York, NY, 10001  
6468125390  
<http://balanceartscenter.com/class>

Schedule  
November 16, 2024: 2:00pm

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