

September 8 - December 15, 2025

Virtual Alexander Technique Group Class

Company: Balance Arts Center
 Venue: Zoom/Balance Arts Center
 Location: NY, NY

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Curious about the Alexander Technique and want to learn more? Join us in person for our Alexander Technique Group Weekly Class! Class will be led by Ann Rodiger and assisted by BAC Faculty. Classes will explore basic principles of the Alexander Technique that guide you toward finding a better balance and dynamic body posture that you will learn to apply to all of your activities. These classes will help you discover how to interact with yourself and your environment in an easier and more efficient manner.

Class Fee: \$20

This class takes place on Zoom every Monday from 8:30am-9:25am ET.

Registration is required at balanceartscenter.com/class

Balance Arts Center
 151 W 30th St 3rd floor
 NY, NY, 10001
 646-812-5390
<http://balanceartscenter.com/class>

Schedule
 September 8, 2025: 8:30am
 September 15, 2025: 8:30am
 September 22, 2025: 8:30am
 September 29, 2025: 8:30am
 October 6, 2025: 8:30am
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