

January 12 - July 27, 2026

## Virtual Alexander Technique Group Class

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

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Curious about the Alexander Technique and want to learn more? Join us online for our Alexander Technique Group Weekly Class! 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 8:30-9:25am ET.

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

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

Schedule  
January 12, 2026: 8:30am  
January 19, 2026: 8:30am  
January 26, 2026: 8:30am  
February 2, 2026: 8:30am  
February 9, 2026: 8:30am  
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