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September 9 - December 19, 2019

Balance Arts Fundamentals in Flow

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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BALANCE ARTS FUNDAMENTALS IN FLOW



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 St 3rd Fl

New York, NY, 10001

646-812-5390

<https://balancearts.as.me/?appointmentType=8289173>

Schedule

September 9, 2019: 5:00pm

September 12, 2019: 10:00am

September 16, 2019: 5:00pm

September 19, 2019: 10:00am

September 23, 2019: 5:00pm

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