

Alexander Technique for movers and shakers
with Peter Sweet and Jeanine Ebnöther Trott

Balance in Challenge

March 15th - 22rd 2020
Zurich, Switzerland



Balance in Challenge is an 8-day workshop about being present and free in life, on stage or on the dancefloor.

This is a chance to get down to the nuts and bolts of how you move, breathe and connect to the world.

Come prepared to play at your own 'edges', the places just on the borders of your comfort zone and expand your experience of living.

Designed for people from all walks of life who are interested in the relationship between movement, health and expression.

- 8 days of intensive training in a small group
- 30 hours of group classes
- 3 private alexander technique lessons

Ages 18-99. No experience required. www.balanceinchallenge.com

Balance in Challenge is an 8-day workshop about being present and free in life, on stage or on the dancefloor.

This is a chance to get down to the nuts and bolts of how you move, breathe and connect to the world.

Come prepared to play at your own 'edges', the places just on the borders of your comfort zone and expand your experience of living.

Designed for people from all walks of life who are interested in the relationship between movement, health and expression.

- 8 days of intensive training in a small group
- 30 hours of group classes
- 3 private alexander technique lessons

Ages 18-99. No experience required. [**www.balanceinchallenge.com**](http://www.balanceinchallenge.com)

Balance in Challenge is an 8-day workshop about being present and free in life, on stage or on the dancefloor.

This is a chance to get down to the nuts and bolts of how you move, breathe and connect to the world.

Come prepared to play at your own 'edges', the places just on the borders of your comfort zone and expand your experience of living.

Designed for people from all walks of life who are interested in the relationship between movement, health and expression.

- 8 days of intensive training in a small group
- 30 hours of group classes
- 3 private alexander technique lessons

Ages 18-99. No experience required. [**www.balanceinchallenge.com**](http://www.balanceinchallenge.com)