Monday, April 26, 2021 - Monday, April 25, 2022

5 MINUTES TO RELIEVE THE NECK TENSION

Company: WE TAKE FIVE
Location: Brooklyn, NY

This 5-minute mindful movement session at your desk. We use breath, intention, and movement to relieve the tension in the neck right at your desk. For more information please visit wetakefive.com

WE TAKE FIVE is committed to making movement accessible for every body.
That is why our live group sessions run on a PAY WHAT YOU CAN basis.

WE TAKE FIVE
Zoom
Brooklyn, NY, 11211
https://calendly.com/we-take-5/we-take-five-group-live

Schedule
April 26, 2021: 11:45am
May 3, 2021: 11:45am
May 10, 2021: 11:45am
May 17, 2021: 11:45am
May 24, 2021: 11:45am
more