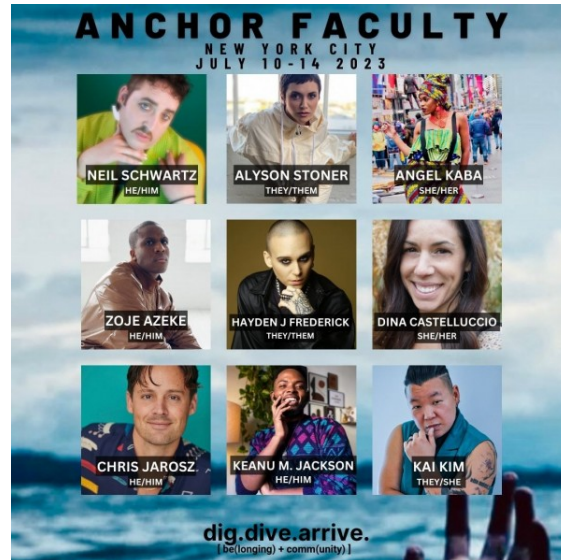


July, 10-14, 2023

ANCHOR Intensive

Company: ANCHOR Intensive by Hayden J Frederick
Location: Brooklyn, NY

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ANCHOR INTENSIVE is a 5 day journey of exploration and excavation hosted by Hayden J Frederick. The goal is to create a safe and accessible space to dig into the human experience through movement and mindfulness. We are bringing in many amazing faculty members and speakers to help guide through this process, including Neil Schwartz, Alyson Stoner, Angel Kaba, Ehizoje Azeke, Dina Castelluccio, Chris Jarosz, Keanu M. Jackson, and Kai Kim. In this workshop we'll move towards connecting mind, body, and spirit, building a container to embody movement as a medium for storytelling, healing, medicine, communication, and change.

The intensive will take place July 10- 14th, 2023 from 10 AM - 5 PM every day.

Those who are able to financially contribute will be able to pay on a sliding scale, using the green bottle system to self-identify a rate that is accessible to them.

Space is limited and scholarships are available. To secure your spot fill out our registration form:

https://docs.google.com/forms/d/e/1FAIpQLSeWE_ELV75KptjhzeywRB74v-PkBQlckN1nlqA7LHpGWegDyA/viewform?usp=sharing

Direct any questions to anchorintensive@gmail.com

Checkout @haydenjfrederick on Instagram for more info

<https://www.instagram.com/haydenjfrederick/>

ANCHOR Intensive by Hayden J Frederick
New York
Brooklyn, NY, 12571

Schedule
July 10, 2023: 10:00am
July 14, 2023: 5:00pm

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