

OUR NEW YORK CITY DANCE

January, 1-29, 2026

BREATH WORK 4 EVERY BODY

Company: Breath & Movement Study Club

Venue: ONLINE (Zoom) Location: Brooklyn, NY ► Share | Print | Download



BREATH WORK 4 EVERY BODY

A guided breathing experience that uses conscious breath patterns to restore energy and calm the mind, body, and spirit. ~Open to all~

BREATH WORK 4 EVERY BODY is a new online offereing from Breath + Movement Study Club, which welcomes individuals who wish to pause and ground. Each session, BREATH WORK 4 EVERY BODY and MOVEMENT PRACTICE, offers a space to play, soften, release, rest and reconnect. Thirty to sixty minutes of conscious breathing patterns, visualizations, and mindful movement twice a week facilitated by Coco Villa online.

Sliding Scale - \$4.50-\$22

Buy Tickets here: https://www.tickettailor.com/events/breathmovementstudyclub

Breath & Movement Study Club Gates Ave Brooklyn, NY, 11238 https://www.tickettailor.com/events/breathmovementstudyclub Schedule January 1, 2026: 12:00pm January 8, 2026: 12:00pm January 15, 2026: 12:00pm January 22, 2026: 12:00pm January 29, 2026: 12:00pm

< back

previous listing • next listing