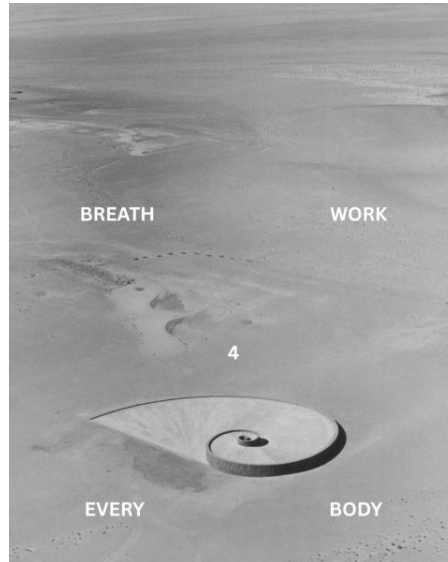


January, 1-29, 2026

BREATH WORK 4 EVERY BODY

Company: Breath & Movement Study Club
Venue: ONLINE (Zoom)
Location: Brooklyn, NY

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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 offering 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](#)