

September 26 - November 14, 2016

BodyTalk & Open Movement w/ Michelle Boulé

Company: Brooklyn Studios for Dance

Venue: Brooklyn Studios for Dance

Location: Brooklyn, NY

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BodyTalk & Open Movement

Mondays, 6:30 – 8pm // 26-Sep thru 14-Nov
\$10

This series is open to anyone who is interested in holistic health combined with a self-directed movement practice. We'll begin with a short group BodyTalk treatment for everyone present. Then we'll gather any themes from the treatment as optional prompts for an hour of open movement. This is time for people to move as they wish, with respect for the whole group. We'll close the session with another brief BodyTalk treatment for the group and time for questions and reflection. The BodyTalk treatments combined with movement will deepen the effects of the BodyTalk treatment by harmonizing our bodies' systems and setting our healing and creativity into motion. No previous experience required.

BodyTalk is a energy and consciousness based healthcare system that reconnects the body to its ability to self-heal. Michelle Boulé became a Certified BodyTalk Practitioner in 2008, and has treated individual clients and families for depression, anxiety, physical injury, immune disorders, digestive issues, fertility, relationship challenges, life transitions, etc. She is also a Bessie Award winning performer, teacher, and choreographer. For the past 17 years she has been incorporating healing and somatic practices into her movement teaching. www.michelleboule.com

Brooklyn Studios for Dance
210 Lafayette Avenue
Brooklyn, NY, 11238

<http://bksd.org/event/bodytalk-open-movement-w-michelle-boule/2016-09-26/>

Schedule

August 25, 2016: 8:00pm

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