

Thursday, May 24, 2018

Dance of Oneness®: Ground in the NOW | Workshop at Open Center, NYC

Company: Banafsheh Sayyad
Venue: Open Center
Location: New York, NY

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3-hour sacred dance workshop at Open Center, NYC

NOW is all there is and when you dance to align your body, heart, and mind with your purpose for being ALIVE in community with others, then NOW becomes super potent for transformation on both the personal and collective levels.

Guided by the poetry of Rumi, claim your body and being in the present moment through a yin-yang synthesis of passionate and exuberant movement with peaceful and sensual embodiment.

Learn effective grounding, centering, heart opening and empowering techniques through guided and free-style dance, whirling, meditation and laughter to help you clear yourself of drama, listen for guidance from Spirit, and ground your soul in your body. Mixed levels. Open to All, best suited for people with a background in dance and movement.

Banafsheh Sayyad
22 E. 30th Street
New York, NY, 10016
<http://banafsheh.org/event/dance-oneness-grounding-now-workshop-open-center-nyc/>

Schedule
May 24, 2018: 6:30pm

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