

Sunday, March 24, 2019

## Emotion in Motion

Company: Femme!  
Venue: Go Studios Penthouse  
Location: New York, NY

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Emotion in Motion, a full day signature Femme! Workshop by Bernadette Pleasant

Emotional Healing. Primal Movement. Sensual Celebration. Live African Drums.

Are you ready for a journey into the heart of divine human expression through movement, dance, live drums, meditation and creative exploration? Join the intoxicating and energetic, Bernadette Pleasant, Creator of Femme! for Emotion in Motion.

Emotion in Motion is an invitation to:

- Experience new levels of freedom
- Deepen your connection to self
- Explore your inner rhythms
- Discover what awakens your senses
- Experiment with sights, sounds and sensations that treat your body and soul to a day of passionate pleasures.

"Why did I attend the Emotion in Motion Workshop? Simple, The description alone – a day long journey into the heart of divine feminine expression thru movement, dance, meditation and creative exploration' says it all! What did I gain from attending this workshop? The courage to embrace, and to feel, all of my emotions which ran the gamut; emotions of pain, anger, sorrow- to joy, happiness...At the end of a day having a heart that was just full. Why should someone else attend? Simple. If you are looking for a day to explore your divine feminine, to be in a room with other women – a rainbow of women – that are there for the same reasons as you, to support and to embrace one another and to just open your heart to the possibilities of divine feminine expression, this workshop is for you."— Robin B.

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Femme!  
318 West 39th Street  
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203-921-9039  
<http://S325>

Schedule  
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