Sunday, August 23, 2020 - Sunday, January 17, 2021

LK Wellness presents Movement Workshop facilitated by Kriyol Dance! Collective

Company: Kriyol Dance! Collective
Venue: ZOOM
Location: Brooklyn, NY

EVERY OTHER SUNDAY, starting August 23, KDC will offer SYNERGY in partnership with Love & Kindness Wellness Services. The course will take place via Zoom. Come as you are... Leave invigorated!

Tickets: $20 | RSVP HERE

Course Description:
SYNERGY: FITNESS AND MEDITATION
Synergy aims to provide participants with the opportunity to self-care in the presence of community. In this workshop we explore our embodied knowledge by using dance movement, traditional Haitian drumming, controlled breathing, concentration, and whole body movement. As we embrace our full selves through our emotions and movements, we will encourage consistent practice and growth in a workout that centers holistic health and thoroughly acknowledges that there is healing in movement.

Kriyol Dance! Collective
East 21st Street
Brooklyn, NY, 11226
https://lk-wellness.com/event/movement-workshop/all/

Schedule
August 23, 2020: 1:00pm
August 30, 2020: 1:00pm
September 6, 2020: 1:00pm
September 13, 2020: 1:00pm
September 20, 2020: 1:00pm
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