

Tuesday, May 26, 2020

Meditation with Jessie, Boston Dance Theater

Company: Boston Dance Theater
 Venue: Zoom
 Location: Boston, MA

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All levels welcome! Must register IN ADVANCE in order to receive Zoom link: <https://www.bostondancetheater.com/online>

All Boston Dance Theater online classes and online events are FREE. A suggested \$5 donation to support our teachers can be made via Venmo (@Jessie-Jeanne) or PayPal (director@bostondancetheater.com).

CLASS DESCRIPTION: These weekly sessions cover a range of meditation techniques from the yogic, Tibetan, and mindfulness traditions. There is an emphasis on breath work in all sessions, and each practice begins with a seated warm up.

Boston Dance Theater
 n/a
 Boston, MA, n/a

Schedule
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