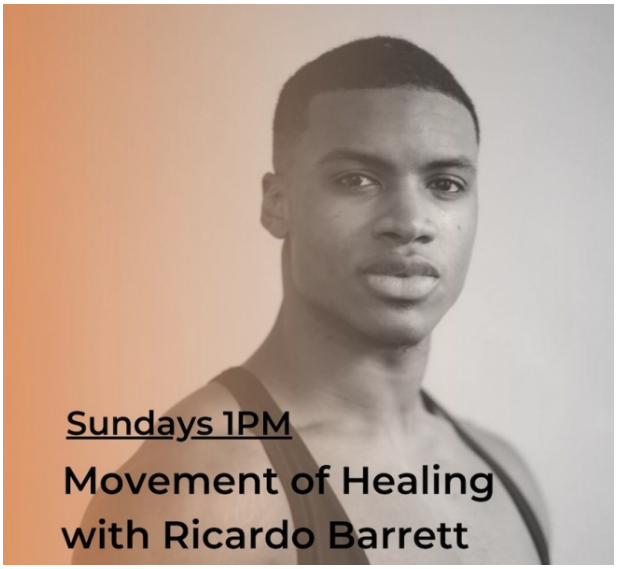
January 17 - June 13, 2021

# Movement of Healing with Ricardo Barrett

Company: Alison Cook Beatty Dance
Venue: ONLINE
Location: New York, NY

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MOVEMENT OF HEALING with Company Member Ricardo Barrett Sundays at 1 p.m. LIVE on Instagram. The healing movement is a guided meditation-based movement class that uses spiritual meditation, tai chi, and freeform contemporary dance. It aids in centering the mind, body, and inner being by listening to and complying with the many messages transmitted between these states and moving from that place.

Mr. Barrett felt that this was the perfect time to pick the style up once more and deepen his understanding of it while also sharing it with others, to alleviate the current world's mental stresses. "We have all we need within us."

Alison Cook Beatty Dance
229 E 85th St #462
New York, NY, 10016

Schedule
January 17, 2021: 1:00pm
January 24, 2021: 1:00pm
January 31, 2021: 1:00pm
February 7, 2021: 1:00pm
February 14, 2021: 1:00pm
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