

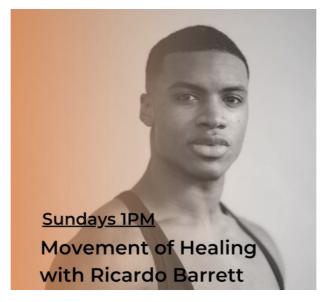
OUR NEW YORK CITY DANCE

January 17 - June 13, 2021

Movement of Healing with Ricardo Barrett

Company: Alison Cook Beatty Dance

Venue: ONLINE Location: New York, NY ► Share | Print | Download



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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