

November, 9-12, 2018

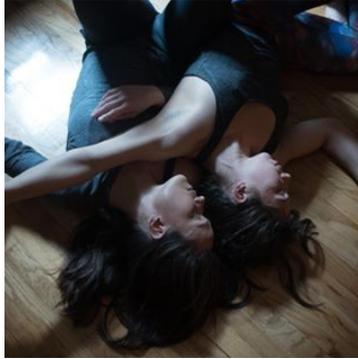
## Moving Body Festival: Engaging Somatic Realities

Company: Moving Body Resources

Venue: Moving Body Resources

Location: New York, NY

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Blake Horn

### Moving Body Festival: Engaging Somatic Realities

Move, relax, breathe, connect, express, and create through exploring Somatic Movement Education: an embodiment approach to cultivating your innate capacities for well-being and community engagement. This Moving Body Festival offers a weekend of deeply personal and fully connected workshops including one evening of performance; that invite you to enjoy the wonders of your moving-thinking body. Develop tools for health, distress and pain relief, creativity, and community connection, in an environment that honors diversity, self-expression and loving leadership.

This event is open to people from all walks of life. No previous experience in Somatic Movement Education is necessary.

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We are proud to be a part of The International Somatic Movement Education and Therapy Association's 30th Anniversary.

Moving Body Resources  
112 West 27th Street Suite 402  
New York, NY, 10001  
(212) 206 7542  
<http://movingbodyresources.com/mb-festival-2018/>

Schedule  
November 9, 2018: 9:00am  
November 10, 2018: 9:00am  
November 11, 2018: 9:00am  
November 12, 2018: 9:00am

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