

December, 2-30, 2022

Nervous System Reset

Company: Somalove Therapy
Venue: Dancewave
Location: Brooklyn, NY

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Natalie Deryn Johnson

This class will guide you through movement awareness practices that assist you in rebalancing your nervous system. You will learn somatic grounding techniques and explore inner sensation through gentle movement. Prepare yourself to be ushered into deep states of relaxation and emerge feeling rejuvenated. No experience is necessary!

Teaching Artist: Lillian Stamey

As a Somatic Movement facilitator, Lillian provides immersive, creative, and dynamic learning environments for self-exploration.

Pricing: Donation based

Payment: Paypal paypal.me/LillianStamey

Registration Email: lillianstamey@gmail.com

www.somalovetherapy.com

@somalovetherapy

Somalove Therapy
182 4th Ave
Brooklyn, NY, 11217
<https://dancewave.org/adult-dance-program/>

Schedule

December 2, 2022: 7:00pm
December 9, 2022: 7:00pm
December 16, 2022: 7:00pm
December 30, 2022: 7:00pm

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