

January 24 - May 9, 2022

Online Meditative Movement Class with Stephanie Peña

Company: Stephanie Peña  
 Venue: Zoom  
 Location: NY, NY

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n/a

Online Meditative Movement Class with Stephanie Peña

Mondays 7:30 AM (EST) \$15

This meditative movement class will be focusing on the breathe and how to be mindful with our bodies. This class will begin with a body scan meditation where you slowly give energy to each body part to warm it up. What does your body need at the moment? Continue with a few movement activities to activate your senses and awareness. We will conclude by giving thanks to ourselves and our bodies.

Sign Up: <https://www.penastephanie.com/meditativemovement>

Stephanie Peña  
 N/A  
 NY, NY, 10013  
[https://www.penastephanie.com/service-page/meditative-movement-class?referral=service\\_list\\_widget](https://www.penastephanie.com/service-page/meditative-movement-class?referral=service_list_widget)

Schedule  
 January 24, 2022: 7:30am  
 January 31, 2022: 7:30am  
 February 7, 2022: 7:30am  
 February 14, 2022: 7:30am  
 February 21, 2022: 7:30am  
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