

## January 24 - May 9, 2022 Online Meditative Movement Class with Stephanie Peña

Company: Stephanie Peña Venue: Zoom Location: NY, NY ▶ Share | Print | Download

## **Meditative Movement**



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: <u>https://www.penastephanie.com/meditativemovement</u>

Stephanie Peña	Schedule	
N/A	January 24, 2022: 7:30am	
NY, NY, 10013	January 31, 2022: 7:30am	
<u> https://www.penastephanie.com/service-page/meditative-</u>	February 7, 2022: 7:30am	
movement-class?referral=service_list_widget	February 14, 2022: 7:30am	
	February 21, 2022: 7:30am	
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