

Sunday, March 4, 2018

## RENEWING YOUR SPIRIT THROUGH AUTHENTIC MOVEMENT AND DANCE

Company: 92Y Harkness Dance Center  
 Venue: 92Y Harkness Dance Center  
 Location: New York, NY

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### RENEWING YOUR SPIRIT THROUGH AUTHENTIC MOVEMENT AND DANCE

Deepen the process of self-discovery and self-care, through Authentic Movement and Dance.

We will dance with others, and explore waiting in stillness to "be moved." Nourish yourself through the moving body — where your true self resides.

Sunday March 4

1:00-6:00pm

\$125

92Y Harkness Dance Center  
 1395 Lexington Avenue  
 New York, NY, 10128  
 212.415.5552  
<https://www.92y.org/class/renewing-your-spirit>

Schedule  
 March 4, 2018: 1:00pm

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