

December, 3-17, 2018

## Shake Your Soul® Intuitive Dance (DONATION BASED)

Company: Odelia Shargian

Venue: Studio 55C

Location: New York, NY

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Bring new inspiration and freedom to your body and mind with an integrative dance, meditative movement, and mindfulness-based practice. Discover dynamic movements to release innate feelings of joy, power, freedom, and grace. Experience a renewal of spirit and connection to your soul as your body guides you toward self-expression and aliveness. Rediscover your instinct to move and dance with soul and passion.

Shake Your Soul® is a dynamic dance experience that transforms and heals. It is both a health practice and a spiritual practice. SYS includes very simple, easy-to-follow moves influenced by different movement forms set to highly inspirational world music. It can calm your nervous system, energize your body, and elevate your spirit.

Join us for this deceptively simple but powerfully healing "integrative" dance and meditative/mindful movement to become re-inspired, unleash latent vitality and creative self-expression, and awaken a sense of freedom and aliveness in the body and mind.

This class is Donation Based!

To register: <http://bit.ly/2B2WMFN>

Call 201-560-7872 or email [odelia@movementbliss.com](mailto:odelia@movementbliss.com) for more information

Odelia Shargian  
55 Ave., C.,  
New York, NY, 10009  
2015607872  
<http://bit.ly/syssched>

Schedule  
December 3, 2018: 7:00pm  
December 17, 2018: 7:00pm

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