

June 9 - July 28, 2019

## Shake Your Soul® Intuitive Dance at Gibney 280 Broadway (DONATION BASED)

Company: Odelia Shargian  
Venue: Gibney 280 Broadway  
Location: Manhattan, 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. You will experience a renewal of spirit and connection to your soul as your body guides you toward self-expression and aliveness.

Shake Your Soul® is a dynamic dance experience that transforms and heals. Both a health practice and a spiritual practice, it awakens your sense of joy, freedom, grace, strength, and vitality.

Rediscover your instinct to move and dance with soul and passion! SYS includes very simple, easy to follow moves influenced by different movement forms set to highly inspirational world music, which calm your nervous system, energize your body and elevate your spirit.

Here's a short clip of SYS: [https://youtu.be/OTPo-ZNsi\\_Y](https://youtu.be/OTPo-ZNsi_Y)

Suggested donation \$20

Odelia Shargian  
280 Broadway Ave.  
Manhattan, NY, 10003  
2015697872  
<https://movementbliss.com>

Schedule  
June 9, 2019: 2:30pm  
June 16, 2019: 2:30pm  
June 23, 2019: 2:30pm  
July 7, 2019: 2:30pm  
July 21, 2019: 2:30pm  
July 28, 2019: 2:30pm

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