

Monday, November 2, 2020 - Wednesday, July 28, 2021

## Shake Your Soul® Mindful Dancing online class

Company: Odelia Shargian  
Venue: Zoom  
Location: New Jersey, NJ

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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.

This class is DONATION BASED!

Mondays 7-8pm EST

Wednesdays 9:30-10:30am EST

Registration: [movementbliss.com/book](http://movementbliss.com/book)

You will get the zoom link when you register.

Odelia Shargian  
Online class  
New Jersey, NJ, 07670  
201-560-7872  
<http://movementbliss.com/book>

Schedule  
November 2, 2020: 7:00pm  
November 4, 2020: 9:30am  
November 9, 2020: 7:00pm  
November 11, 2020: 9:30am  
November 16, 2020: 7:00pm  
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