

FOR AUDIENCES

Community Calendar

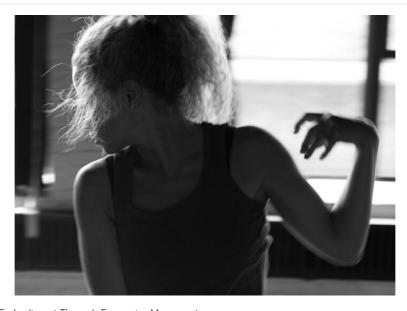
Volunteering

Tuesday, September 28, 2021 - Tuesday, September 20, 2022

Skimming The Surface - Embodiment Through Expressive Movement

Company: Valerie Green/Dance Entropy

Venue: Green Space Location: Queens, NY ► Share | Print | Download



Skimming The Surface - Embodiment Through Expressive Movement Open Level Tuesdays, 6:30pm - 8:00pm

Drop in rate: \$20 class, \$2 credit card service fee

These are ZOOM Sessions! Upon purchase, Zoom link will be sent.

Description: A somatic journey encouraging embodied consciousness and awareness through expressive movement exercises leading participants on their own personal movement journey within a nurturing and safe group environment.

Green's offerings may integrate creative movement, improvisation, movement analysis, body reading, energy and breath work, body mind embodiment and consciousness, shamanic journeying, somatic experiencing, free writing prompts, and intuition. Green is a Certified Core Energetics Practitioner, and is also certified in Body Mind Fitness.

"Excellent Class! It Helped Me To Feel More Aware Of The Connection Between My Emotions And My Body."

"Valerie Holds The Space With Deep Poetry, Clear Intentions, And An Inspired And Humble Heart."

Participant Quotes

Valerie Green/Dance Entropy 37-24 24th St. Suite #211 Queens, NY, 11101 7189563037 https://www.paypal.com/webapps/shoppingcart? flowlogging_id=aec9d3b085184&mfid=1632693275597_aec9d3b0 85184#/checkout/openButton Schedule September 28, 2021: 6:30pm October 5, 2021: 6:30pm October 12, 2021: 6:30pm October 19, 2021: 6:30pm October 26, 2021: 6:30pm more

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