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

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
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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
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