

FOR AUDIENCES

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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

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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

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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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