

August 6 - December 10, 2021

## Skimming The Surface - Embodiment Through Expressive Movement (Weekly Class)

Company: Valerie Green/Dance Entropy  
Venue: ONLINE/ Dance Entropy, Inc.  
Location: Queens, NY

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### Skimming The Surface - Embodiment Through Expressive Movement

Open Level

Tuesdays, 6:30 – 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.

[MORE INFORMATION](#)

[PURCHASE YOUR CLASS HERE](#)

Valerie Green/Dance Entropy  
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7189563037  
<https://www.danceentropy.org/green-space-classes-1>

Schedule  
August 6, 2021: 8:00pm  
August 13, 2021: 8:00pm  
August 20, 2021: 8:00pm  
August 27, 2021: 8:00pm  
September 3, 2021: 8:00pm  
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