

Monday, December 8, 2025

## Skimming the Surface: Movement Healing Workshop

Company: Green Space  
Venue: Green Space  
Location: Long Island City, NY

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Green Space

Skimming the Surface: Movement Healing Workshop

Green Space  
37-24 24th Street  
Floor 2, Suite 211  
Long Island City, NY  
11101

December 8th, 2025  
7:00 pm - 9:00pm

Pre-registration required. \$25 suggested donation.  
Due to the nature of the workshop, no late arrivals will be admitted.

Skimming the Surface: Movement Healing Workshops aim to service adult and youth populations that may be overcoming diverse forms of trauma and stress through somatic based expressive movement exercises. These workshops will help participants release blocked and repressed energy causing stress or discomfort in one's life by integrating movement, feelings, and emotions. Each movement journey is handcrafted to best support the participants. Green serves as a guide to help open doorways where each individual will do their personal work, leading them to a heart centered and intuitive place, finding a physical expression and release of emotions and energy whereby a healing process can begin.

Facilitated by Valerie Green, CCEP, Certified Practitioner in Core Energetics, Body/Mind Fitness, Psychedelic Assisted Therapy, & Access Bars

Green Space  
3724 24th St Fl 2 Suite 212  
Long Island City, NY, 11101  
9176070862  
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Schedule  
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