January 7 - December 17, 2024

# Somatic Healing Group

Company: Valerie Green/Dance Entropy
Venue: Dance Entropy/Green Space
Location: Long Island City, NY

Cultivate physical, emotional, and mental growth using movement, expressive work, and group dynamics!

In this facilitated group, we find ways of supporting the unique needs of each member, while also learning to more effectively relate to others. We learn to be seen for who we really are – and to others as they are. We find healing where before we may have felt pain or disconnection from the self. We find insight, awareness and courage to break and move past old patterns that no longer serve us. The sessions utilize Core Energetics, an approach that engages group members through body, dialogue and awareness. Group sessions include shared movement and expressive work and opportunities for members to process individual issues and struggles they want support in working through. This group provides a safe and therapeutic environment, where you can express your feelings, take risks, connect to others and further your emotional growth process.

When: 10 Every Other Week Sessions, Tuesdays 7pm-9pm

9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17, 1/7, 1/21, 2/4

*Attendance of a minimum of 8 sessions is required

For more info click HERE

Valerie Green/Dance Entropy
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Schedule
January 7, 2024: 7:00pm
January 21, 2024: 7:00pm
February 4, 2024: 7:00pm
September 24, 2024: 7:00pm
October 8, 2024: 7:00pm
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