Tuesday, September 23, 2025 - Tuesday, February 3, 2026

Somatic Healing Group September 23, 2025 - February 3, 2026

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

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Green Space

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 see others as they are. We find healing where 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 group 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 would like guided 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.

This group will help with: PTSD, Abuse, Relationships, Anger, Body Image, Shame, Anxiety, Depression, Self Esteem, Injury, Addiction, Personal Growth, Life Transitions

Group Capacity: 12

New Session Announced: September 23, 2025 - February 3, 2026

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

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

9/23, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16, 1/6, 1/20, 2/3

*Please Note: Attendance of a minimum of 8 sessions is required

Where: Green Space 37-24 24th Street #211, Long Island City

REGISTER HERE

Please email programs@greenspacestudio.org to be notified of upcoming sessions.

Series Registration Fee: Early Bird : $425, After Sept. 1, $450

Green Space
3724 24th St Floor 2 Suite 211
Long Island City, NY, 11101
7189563037
https://www.danceentropy.org/somatic-healing-group

Schedule
September 23, 2025: 7:00pm
October 7, 2025: 7:00pm
October 21, 2025: 7:00pm
November 4, 2025: 7:00pm
November 18, 2025: 7:00pm
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