

Saturday, November 20, 2021

Speaking Up & Acting Out

Company: MOtiVE Brooklyn

Venue: MOtiVE Brooklyn

Location: Brooklyn, NY

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Ian Douglas

November 20, 2021 @ 12PM - 2PM

Instructor: Meredith Glisson

A 2hr-workshop for all who desire to dive into a therapeutic practice of reflecting the past and changing habits for the future. A cohesive vocal and movement practice that builds awareness and confidence for the expressive individual to emerge. The practice will activate the body into motion through rhythmic physicality, emotive incentives and situational scenarios to unlock strategies for a healthy well-being.

To sign-up on the waitlist, please visit: <https://www.motivebrooklyn.com/workshops>

You'll receive further instructions about payment and registration via email.

This workshop is \$25. Join MOtiVE's newsletter and get \$5 off. There is also a New Student Special and class packs that are valid for this workshop.

MOtiVE Brooklyn
68 Jay Street Studio 621, 6th Floor
Brooklyn, NY, 11201
<https://www.motivebrooklyn.com/workshops>

Schedule
November 20, 2021: 12:00pm

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