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Saturday, December 8, 2018

The Fluid Dance

Company: Odelia Shargian

Venue: Studio 55C

Location: New York , NY

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We came from water, we live in a planet that is largely water and we are made of mostly water. How can we connect to our fluid nature and harness its psychophysical qualities in order to enhance our lives and bring fluidity to areas of stuck-ness, through movement and dance? Amplify your inherent potential for ease, grace, strength, sensuality, vitality and deep peace through an exploration of your own fluid dance. Take a deeper dive into the practice of Shake Your Soul® and it's theoretical roots in this improvisational practice in a way that allows even greater integration and healing.

The workshop is based but advance registration is required here: <http://bit.ly/2TMPIUY>

Odelia Shargian
55 Ave., C.,
New York , NY, 10009
2015607872
<http://bit.ly/2TMPIUY>

Schedule
December 8, 2018: 1:00pm

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