

Friday, November 6, 2020 - Friday, July 16, 2021

## Transformational Movement Online Class

Company: Odelia Shargian

Venue: Zoom

Location: NYC, NY

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At a moment when we are missing connection, both to others, and to the world, TM offers a moment to drop into awareness, find inspiration from community, get juicy in our bodies again, and find authenticity and release.

Through a series of guided movement explorations we will expand our sense of possibilities, practice solving problems creatively, and invite personal transformation into our lives through the act of moving, listening, watching, and collaborating.

Class begins with a guided personal improvisation aimed at generating an awake and open presence, a person available for connection and clear communication. Facilitated group explorations will be motivated by both the power of intention and the power of play.

Class is DONATION BASED!

Odelia Shargian  
Zoom  
NYC, NY, 07670  
2015607872  
<http://movementbliss.com/book>

Schedule  
November 6, 2020: 9:30am  
November 13, 2020: 9:30am  
November 20, 2020: 9:30am  
November 27, 2020: 9:30am  
December 4, 2020: 9:30am  
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