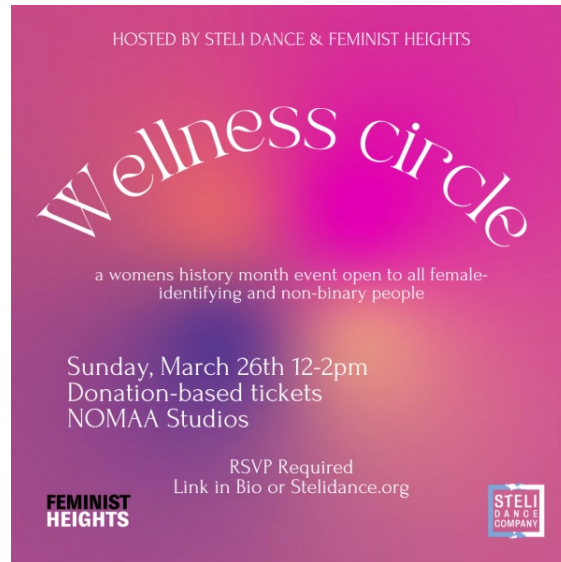


Sunday, March 26, 2023

Wellness Circle: a women's history month event

Company: SteLi Dance company
Venue: Northern Manhattan Arts Alliance, Studio 4
Location: New York, NY

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SteLi Dance and Feminist Heights are so excited to be hosting Wellness Circle to celebrate Women's History Month!

Welcoming the spring together and aligning with yourself. Embracing feminine energy and blooming on your own terms.

This event will start off with a movement section led by Lian Kizner of SteLi Dance where we will connect to our bodies, subconscious thoughts, and each other. We will move on to guided breathwork and meditation led by Alaynia La Porte, featuring light sound healing to slow down and ground ourselves.

Sunday, March 26th 12-2pm

12-1pm Body Awareness Movement Section

1-1:30pm Guided Breathwork and Meditation

1:30-2pm Reflections

Northern Manhattan Arts Alliance (NOMAA), Studio 4

4140 Broadway

New York, NY 10033

*Please note the studio is located on the 2nd floor and there is no elevator

Donation-based Tickets (Suggested \$15)

Yoga mat optional (can be used for sitting and laying down postures)

Encouraged to bring a journal - Paper and pens will be provided otherwise

This event is open to all female-identifying and non-binary people. We hope you join us in creating this safe space for us to connect more deeply with ourselves as womxn.

SteLi Dance company
4140 Broadway
New York, NY, 10033
<https://www.eventbrite.com/e/585869951797>

Schedule
March 26, 2023: 12:00pm

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