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Sunday, September 15, 2019 - Sunday, September 13, 2020

## Shake Your Soul<sup>®</sup> Intuitive Dance

Company: Movement Bliss

Venue: SITI Company

Location: New York, NY

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Bring new inspiration and freedom to your body and mind with an integrative dance, meditative movement, and mindfulness-based practice. Discover dynamic movements to release innate feelings of joy, power, freedom, and grace. You will experience a renewal of spirit and connection to your soul as your body guides you toward self-expression and aliveness.

Shake Your Soul<sup>®</sup> is a dynamic dance experience that transforms and heals. Both a health practice and a spiritual practice, it awakens your sense of joy, freedom, grace, strength, and vitality.

Rediscover your instinct to move and dance with soul and passion! SYS includes very simple, easy to follow moves influenced by different movement forms set to highly inspirational world music, which calm your nervous system, energize your body and elevate your spirit.

### Movement Bliss

pin SITI Company Anne Bogart 520 8th Ave 3rd floor btw. 36th and 37th St.

New York, NY, 10018

2015607872

<https://movementbliss.com/workshops-and-classes/>

### Schedule

September 15, 2019: 1:00pm

September 22, 2019: 1:00pm

September 29, 2019: 1:00pm

October 6, 2019: 1:00pm

October 13, 2019: 1:00pm

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#### Contact

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