

Friday, February 25, 2022

Restore and Reset Dance Retreat!

Company: Artist After Hours
Location: New York, NY

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Ease into Spring with Artist After Hours as we take a break from our normal routines and listen to our body & minds to restore and reset ourselves, our movement, and our relationship with both!

March 18th & 19th at New York Live Arts!

Sign up before March 1st and get \$20 off registration! Register [HERE](#)

Restore: Through movement practices including:

- Embodying our feelings with Dance Movement Therapy.
- Intentionally moving together to feel empowered during Movement Meditation.
- Restorative yoga for dancers.
- Creating partner movement inspired by group values.

Reset: A caring space to listen and be heard:

- Ground for the day with an opening reflection on intentions.
- Create a group value system.
- Connect the dots during journal time.
- Join an awesome and supportive network of artists!

Follow us on Instagram [@artistafterhours](#) and check out our website to learn more!

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