

Thursday, January 26, 2023

## The Art of Mindful Movement- Free Workshop!

Company: Finleigh Zack Dance  
Location: New York, NY  
Compensation: NA

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Meditation - Reflection - Journaling All in one space, telling our stories, and soulfully moving our bodies

Join Finleigh Zack Dance & The Reciprocity Foundation on a collaborative workshop "The Art of Mindful Movement"

All bodies are welcome in the space. Our goal is to create an inclusive space for individuals to explore movement and meditation for inner peace. The class will run from 2-4 pm with time for personal journaling and discussion.

This is a free event open to the public! We hope you can join us!

100 Grand Street New York, NY 10013

Sign up here: <https://www.eventbrite.com/e/the-art-of-mindful-movement-tickets-523114468457>

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