

Monday, April 26, 2021 - Monday, April 25, 2022

## 5 MINUTES TO RELIEVE THE NECK TENSION

Company: WE TAKE FIVE  
Location: Brooklyn, NY

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This 5-minute mindful movement session at your desk. We use breath, intention, and movement to relieve the tension in the neck right at your desk. For more information please visit [wetakefive.com](https://wetakefive.com)

WE TAKE FIVE is committed to making movement accessible for every body.  
That is why our live group sessions run on a PAY WHAT YOU CAN basis.

WE TAKE FIVE  
Zoom  
Brooklyn, NY, 11211  
<https://calendly.com/we-take-5/we-take-five-group-live>

Schedule  
April 26, 2021: 11:45am  
May 3, 2021: 11:45am  
May 10, 2021: 11:45am  
May 17, 2021: 11:45am  
May 24, 2021: 11:45am  
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