

April 1 - May 6, 2020

Belly Dance & Body Talk: A Movement Based Process Group

Company: Rebecca and Women's Therapy Centre Institute
Venue: Alchemical Studios
Location: Manhattan , NY

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Belly Dance (Raks Sharki) is not just relevant to Superbowl Half time 2020. It has its roots in Middle Eastern, African and Mediterranean folk dances. Belly Dance can be done as entertainment, ritual/celebratory and social dance. Following National Eating Disorders Awareness Week, the celebration of Black History month and Women's History month, join Rebecca aka "Rivka " La Azucumba" Isskandreyya as she facilitates a Belly Dance workshop mindfully crafted to empower the integration of body positivity and self awareness. Explore and learn to connect with your body in a way that feels good and without judgement. Come as you are. All bodies welcome!

Rebecca and Women's Therapy Centre Institute
104 West 14th Street 3rd floor
Manhattan , NY, 10011
<https://www.eventbrite.com/e/body-talk-a-movement-based-process-group-tickets-72166663433?aff=Register>

Schedule
April 1, 2020: 6:30pm
April 8, 2020: 6:30pm
April 15, 2020: 6:30pm
April 22, 2020: 6:30pm
April 29, 2020: 6:30pm
May 6, 2020: 6:30pm

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