

Monday, May 13, 2024

FREE Skimming the Surface Workshop: Movement Healing Workshop

Company: Green Space
Venue: Green Space
Location: Long Island City, NY

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This workshop will be held at Green Space and is FREE of Charge

To RSVP email: CompanyManager@DanceEntropy.Org

"Skimming the Surface: Movement Healing Workshops" aim to service adult and youth populations that may be overcoming diverse forms of trauma and stress through somatic based expressive movement exercises. These workshops will help participants release blocked and repressed energy causing stress or discomfort in one's life by integrating movement, feelings, and emotions.

The workshop helps participants confront emotional wounds and bring them to the surface in a gentle and compassionate way. When using the language of movement rather than words, different images or emotions may arise, which bypass the controlling and censoring mind. This experience leaves participants feeling expanded and curious about their emotions, with new insights to move forward from.

Each movement journey is handcrafted to best support the participants. Green serves as a guide to help open doorways where each individual will do their personal work, leading them to a heart centered and intuitive place, finding a physical expression and release of emotions and energy whereby a healing process can begin.

Green Space
3724 24th St Fl 2 Suit 212
Long Island City, NY, 10010
9176070862
<https://www.danceentropy.org/skimming-the-surface>

Schedule
May 13, 2024: 7:00pm

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