

Monday, December 19, 2022

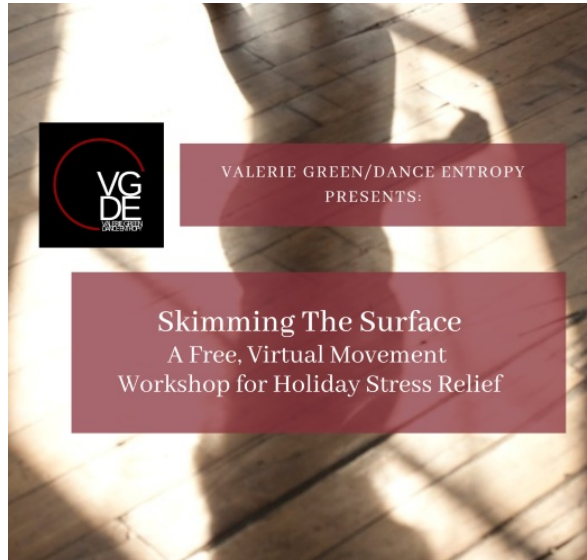
## Free Virtual Stress Release Class, Creating a Calmer YOU!

Company: Valerie Green/Dance Entropy

Venue: Zoom

Location: Long Island City, NY

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Dance Entropy is pleased to continue to offer a FREE zoom "Skimming the Surface" Expressive Movement Workshop on December 19th from 6-7:30pm EST.

Skimming the Surface- Led by Valerie Green, this class will help participants release blocked energy causing stress or discomfort in one's life, and is designed to integrate movement, feelings, and emotions. Our time together will feature gentle expressive movement exercises leading participants on their own personal movement journey within a nurturing and safe group environment. Repressed emotions shut down the immune system causing pain and illness. This workshop aims to find a physical expression to the feelings, whereby a healing process can begin, and will help you find grounding in inhabiting the power of your own presence.

To receive your free Zoom link, please RSVP to MaryBeth at [Programs@GreenSpaceStudio.org](mailto:Programs@GreenSpaceStudio.org)

\*Please note the workshop is for participating, with cameras on, for all to be aware of each other's presence safely in the container. Additionally, late entry will not be permitted.\*

This program is made possible by the NYC Department of Cultural Affairs in partnership with the city council.

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Schedule  
December 19, 2022: 6:30pm

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