

January 19 - June 15, 2021

## Guided Meditation and Mindful Stretch with Nika Antuanette

Company: Alison Cook Beatty Dance  
Location: New York, NY

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Paul B Goode

Join Nika Antuanette this morning for a Guided Meditation & Mindful Stretch class!

Discover both new and familiar ways to get centered and return to the present moment in these shifting times. This is a safe space to open up to the inner voice and listen to what the body is communicating. From visualization exercises to breathwork, awareness is magnified and presence is enhanced. Holistic wellbeing is further explored through gentle stretching techniques. This class is open to all levels and abilities.

Donations can be made at the link in our instagram bio! Thank you!

Alison Cook Beatty Dance  
229 E 85th St #462  
New York, NY, 10016

### Schedule

January 19, 2021: 10:00am  
January 26, 2021: 10:00am  
February 2, 2021: 10:00am  
February 9, 2021: 10:00am  
February 16, 2021: 10:00am  
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