

August 2 - September 7, 2024

Kinetica Movement

Company: Animato Art by Nadine Bommer
Venue: Open Jar Studios
Location: ny , NY

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Kinetica Movement for ALL by Nadine Bommer

New to NYC as experienced in PARIS!

[First Fridays \(530p\) and Saturdays \(1p\) at Open Jar Studios](#)

What is Kinetica Movement:

Experience Nadine Bommer's distinctive approach to movement, designed to liberate your dance expression with imagination, kinetic energy, and personal movement. This class celebrates the sheer joy of physical movement in a welcoming and inclusive environment. Whether you're a seasoned dancer or new to the art, Kinetica Movement empowers you to discover a deeply fulfilling quality of movement that is uniquely yours. Don't miss out on this opportunity to connect with others, explore yourself, and enjoy the creative movement that flows naturally from within you!

Discover the benefits of Kinetica Movement:

- Experience a joyful, innovative approach to physical expression
- Cultivate inner tranquility akin to meditation
- Empower your mind and body through dynamic movement
- Designed for all levels of experience
- Connect with newfound freedom and inner excitement

[PREREGISTRATION REQUIRED - SPACE IS LIMITED](#)

PLEASE NOTE- Class is 75mins taught by Jamison Goodnight

Once class has started NO late arrivals will be permitted. Please understand, this is with respect for the practitioners - creating an undisturbed space for focus and uninterrupted movement.

Questions? Follow us on Instagram and DM us! @animato_dance_art

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