

January 16 - March 13, 2025

Madhura Studios: Dance Chakra Alignment

Company: Madhura Studios

Venue: Madhura Studios

Location: Brooklyn, NY

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Madhura Studios

Join us for our first 2025 dance chakra alignment to release, transform, and celebrate the new year. Connect with your body, emotions, and inner wisdom through expressive dance, followed by a rebirth meditation to set intentions for self-growth. Wear comfortable clothes, bring water, a journal, and something meaningful to you.

Madhura Studios
61B 9th St, #B-13
Brooklyn, NY, 11215
<https://mومence.com/Mona-Esser/Dance-Chakra-Alignment/110672638?skipPreview=true>

Schedule
January 16, 2025: 6:30pm
March 13, 2025: 6:30pm

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