

April 24 - May 29, 2025

Madhura Studios: Dance Chakra Alignment

Company: Madhura Studios

Venue: Madhura Studios

Location: Brooklyn, NY

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Join us at Madhura Studios for Dance Chakra Alignment, an immersive movement meditation that blends free-form dance, guided visualization, and breathwork to awaken and balance your energy centers. Set to a powerful soundscape, this practice encourages deep self-expression, release, and renewal. No dance experience needed—just an open heart.

Madhura Studios
61B 9th Street Loft B13
Brooklyn, NY, 11215
(646) 687-2782
<https://madhurastudios.com/studio-offerings-list/be-shen-chakra-dance>

Schedule
April 24, 2025: 6:30pm
May 29, 2025: 6:30pm

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