

Sunday, May 23, 2021

MoveMEANT Weekend: Intuitive Body Work

Company: Dancers Unlimited
Venue: Brooklyn Arts Center
Location: -, NY

► [Share](#) | [Print](#) | [Download](#)



Welcoming our community members (YOU) to join us for a weekend of dancing, movement, and community-building. All dance backgrounds and levels are welcome.

3pm-4pm HST / 9-10pm EST

Intuitive Body Work

Virtual & In-Person at Brooklyn Arts Center

The class focuses on different techniques and methods to help the body find ways to release, relax and heal by using breathing, tapping, self massage, yoga, and improvisation. The class starts with breathing technique, followed by full body tapping technique, yoga sequence and a self massage technique (acupressure).

Teacher: Marianna Koytsan

In-Person Capacity: 5

Fees are sliding scale:

\$10-25 per class / event

\$40-\$100 all access

Scholarships available

Class address and Zoom Links will be emailed to you 1 day before the event.

Dancers Unlimited
Will be emailed after registration
-, NY, -
https://dancers-unlimited.square.site/product/movemeant-weekend/76?cp=true&sa=false&sbp=false&q=false&category_id=18

Schedule
May 23, 2021: 9:00pm

[< back](#)

[previous listing](#) • [next listing](#)