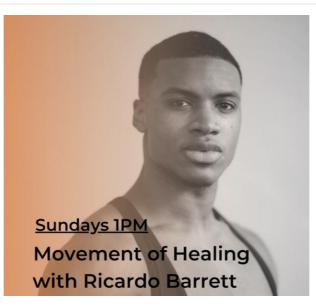


January 17 - June 13, 2021 Movement of Healing with Ricardo Barrett

Company: Alison Cook Beatty Dance Venue: ONLINE Location: New York, NY ▶ Share | Print | Download



MOVEMENT OF HEALING with Company Member Ricardo Barrett Sundays at 1 p.m. LIVE on Instagram. The healing movement is a guided meditation-based movement class that uses spiritual meditation, tai chi, and freeform contemporary dance. It aids in centering the mind, body, and inner being by listening to and complying with the many messages transmitted between these states and moving from that place.

Mr. Barrett felt that this was the perfect time to pick the style up once more and deepen his understanding of it while also sharing it with others, to alleviate the current world's mental stresses. "We have all we need within us."

Alison Cook Beatty Dance	Schedule	
229 E 85th St #462	January 17, 2021: 1:00pm	
New York, NY, 10016	January 24, 2021: 1:00pm	
	January 31, 2021: 1:00pm	
	February 7, 2021: 1:00pm	
	February 14, 2021: 1:00pm	
	more	

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