

November, 9-12, 2018 Moving Body Festival: Engaging Somatic Realities

Company: Moving Body Resources Venue: Moving Body Resources Location: New York, NY Share | Print | Download



Blake Horn

Moving Body Festival: Engaging Somatic Realities

Move, relax, breathe, connect, express, and create through exploring Somatic Movement Education: an embodiment approach to cultivating your innate capacities for well-being and community engagement. This Moving Body Festival offers a weekend of deeply personal and fully connected workshops including one evening of performance; that invite you to enjoy the wonders of your moving-thinking body. Develop tools for health, distress and pain relief, creativity, and community connection, in an environment that honors diversity, self-expression and loving leadership.

This event is open to people from all walks of life. No previous experience in Somatic Movement Education is necessary.

We are proud to be a part of The International Somatic Movement Education and Therapy Association's 30th Anniversary.

Moving Body ResourcesSchedule112 West 27th Street Suite 402November 9, 2018: 9:00amNew York, NY, 10001November 10, 2018: 9:00am(212) 206 7542November 11, 2018: 9:00amhttp://movingbodyresources.com/mb-festival-2018/November 12, 2018: 9:00am

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