

April 28 - May 19, 2023

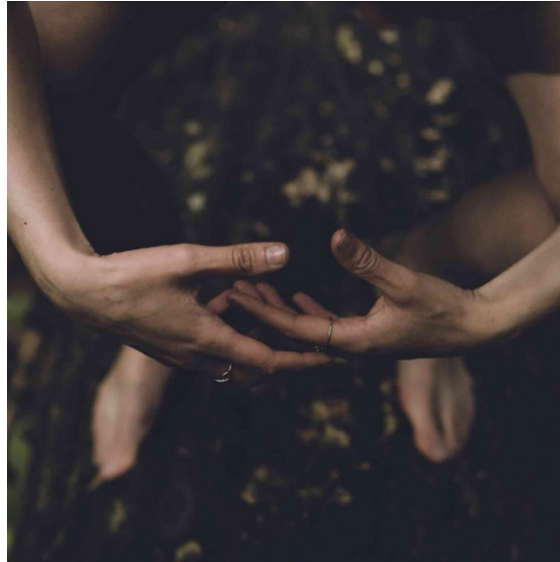
Nervous System Reset

Company: Lillian Kemanis

Venue: Dancewave

Location: Brooklyn, NY

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



Natalie Deryn Johnson

This class will guide you through an open movement practice that will usher you into deep states of sensory awareness. You will learn how to listen to the body and follow movement impulse. Prepare to be submerged into expansive relaxation and leave feeling rejuvenated. No experience is necessary!

Classes are a suggested donation of \$10-25 (cash or Venmo)

Lillian Kemanis

182 4th Ave

Brooklyn, NY, 11217

<https://calendly.com/lilliankemanis/nervous-system-reset>

Schedule

April 28, 2023: 7:00pm

May 5, 2023: 7:00pm

May 12, 2023: 7:00pm

May 19, 2023: 7:00pm

[< back](#)

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