

January 24 - May 9, 2022

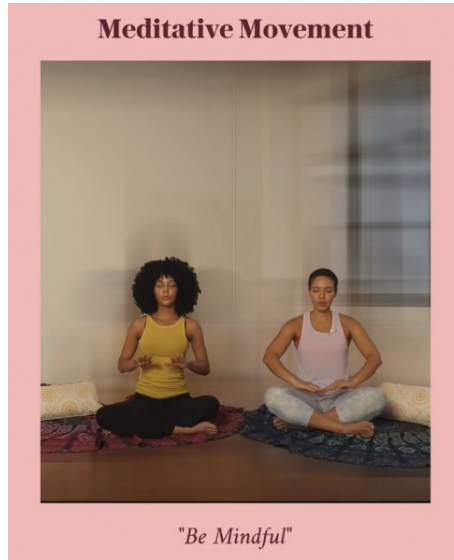
Online Meditative Movement Class with Stephanie Peña

Company: Stephanie Peña

Venue: Zoom

Location: NY, NY

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n/a

Online Meditative Movement Class with Stephanie Peña

Mondays 7:30 AM (EST) \$15

This meditative movement class will be focusing on the breathe and how to be mindful with our bodies. This class will begin with a body scan meditation where you slowly give energy to each body part to warm it up. What does your body need at the moment? Continue with a few movement activities to activate your senses and awareness. We will conclude by giving thanks to ourselves and our bodies.

Sign Up: <https://www.penastephanie.com/meditativemovement>

Stephanie Peña

N/A

NY, NY, 10013

https://www.penastephanie.com/service-page/meditative-movement-class?referral=service_list_widget

Schedule

January 24, 2022: 7:30am

January 31, 2022: 7:30am

February 7, 2022: 7:30am

February 14, 2022: 7:30am

February 21, 2022: 7:30am

[more](#)

[< back](#)

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