

Sunday, March 4, 2018

RENEWING YOUR SPIRIT THROUGH AUTHENTIC MOVEMENT AND DANCE

Company: 92Y Harkness Dance Center
Venue: 92Y Harkness Dance Center
Location: New York, NY

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RENEWING YOUR SPIRIT THROUGH AUTHENTIC MOVEMENT AND DANCE

Deepen the process of self-discovery and self-care, through Authentic Movement and Dance.

We will dance with others, and explore waiting in stillness to "be moved." Nourish yourself through the moving body – where your true self resides.

Sunday March 4

1:00-6:00pm

\$125

92Y Harkness Dance Center
1395 Lexington Avenue
New York, NY, 10128
212.415.5552
<https://www.92y.org/class/renewing-your-spirit>

Schedule
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